

Self Control

拍数: 48 墙数: 3 级数: Low Intermediate
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音乐: Self Control - Bebe Rexha



Intro: 8C

Tag 16c after wall 4

**2 Restarts - on wall 1 after 32C & on wall 5 after 16C

S1# SIDE LUNGE WITH SHOW INDEX FINGER - RECOVER - FORWARD SHUFFLE - FORWARD ROCK-SHUFFLE 1/2 TURN LEFT

1-2 step R to side with the right leg bent and the body tilted leaning to the right (right index finger pointing straight moving from left to right), Recover on L
3&4 Step R forward, Step L beside R, Step R forward
5-6 Step L forward, Recover on R
7&8 ¼ Turn left step L to side (09.00), Step R beside L, ¼ turn left step L forward (06.00)

S2# (CROSS ROCK - SIDE)RL - FORWARD - FORWARD WITH SWEEP - 1/2 UNWIND TO LEFT

1-2& Cross R over L, Recover on L, Step R to side
3-4& Cross L over R, Recover on R, Step L to side
5-6 Step R forward , sweep L from back to front
7-8 Cross touch R over L, 1/2 turn Left step R in place (12.00)

S3# DOROTHY RL - PIVOT 1/4 TO LEFT - MODIFIED WEAVE

1 - 2 & Step R diagonally forward to right, Cross L behind R, step R diagonally forward to right
3 - 4& Step L diagonally forward to left, Cross R behind L, step L diagonally forward to left
5 - 6 Step R forward, 1/4 turn left recover on L (09.00)
7&8& Cross R over L, step L to side, cross R behind L, step L to side

S4# MODIFIED VAUDEFILLE RL - PIVOT 1/2 TO LEFT - FLICK - MODIFIED ROCKING CHAIR

1&2& Cross R over L, Step L to side, Touch heel R diagonally forward to right, Close R together
3&4& Cross L over R, Step R to side, Touch heel L forward to left, Close L together
5-6 Step R forward, 1/2 turn left recover on L with R flick (03.00)
7&8& Step R forward, Recover on L, Step R backward, Recover on L

S5# BOTAFOGO RL- 1/2 UNWIND TO LEFT - CROSS SHUFFLE

1&2 Cross R over L, Ball of L to side, Step R in place
3&4 Cross L over R, Ball of R to side, Step L in place
5-6 Cross touch R over L, 1/2 turn left tap R in place(09.00)
7&8 Cross R over L, Step L together, Cross R over L

S6# SIDE ROCK - BEHIND - SIDE - CROSS - HEEL TOUCH RL - HEEL SWIVEL

1-2 Step L to side left , Recovered on R
3 & 4 Cross L behind R, Step R to side , Step L forward
5 & 6 Touch heel R forward, Close R together , Touch heel L forward, Close L together
7 & 8 Touch R toe forward, Move heel R to right with bump hip to right center , Move heel to left back to center with hip back to center

Tag : BOTAFOGO RL - UNWIND TO LEFT - CROSS SHUFFLE

1&2 Cross R over L, Ball of L to side, Step R in place
3&4 Cross L over R, Ball of R to side, Step L in place
5 - 6 Cross touch R over L, 1/2 turn left tap R in place (12.00)
7&8 Cross R over L, Step L together, Cross R over L

SIDE ROCK - BEHIND - CROSS - HEEL TOUCH RL - HEEL SWIVEL

1 -2 Step L to side left, Recover on R

3&4 Cross L behind R, Step R to side, Step L forward

5&6 Touch heel R forward, Close R together, Touch heel L forward, Close L together

7&8 Touch R toe forward, Move heel R to right with bump hip to right center, Move heel to left back to center with hip back to center

***Ending on wall 6, replace counts 15-16 (1/2 Cross Unwind) with:**

Step RF forward (15), Make $\frac{1}{4}$ turn left recover on L (16) to face 12:00 and pose

Last Update: 23 Dec 2022
