

Self Control

拍数: 48 墙数: 4 级数: Improver
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音乐: Self Control - Laura Branigan



Intro : 12 count

Tag 1 : (16 count) on wall 5 after 16 count

Tag 2 : (8count) on wall 7 after 48 count

SECTION 1 : KICK BALL STEP 2X-TURN L-CHEST POP 2X

1&2 (1) kick R (9:00) (&) R ball in place (2) step L in place
3&4 (3) kick R (9:00) (&) R ball in place (4) step L in place
5-6 (5) turn R facing (3:00) (6) hold
7&8 chest pop 2x

SECTION 2 : KICK BALL STEP 2X-TURN L-CHEST POP 2X

1&2 (1) kick L (3:00) (&) L ball in place (2) step R in place
3&4 (3) kick L (3:00) (&) L ball in place (4) step R in place
5-6 (5) turn (9:00) (6) hold
7&8 chest pop 2x

SECTION 3 : SCISSOR STEP- SHUFFLE R - SCISSOR STEP-SHUFFLE L

1&2 (1) step R to side (&) close L beside R (2) cross R in front L
3&4 (3) across over R (&) step L together (4) across over R
5&6 (5) step L to side (&) close R beside L (6) cross L in front R
7&8 (7) across over L (&) step R together (8) across over L

SECTION 4 : PIVOT 1/2-LOCK SHUFFLE

1-2 (1) step R forward (2) 1/2 turn L recover on L
3&4 (3) step R forward (&) close L together behind RF (4) step R forward
5-6 (5) step L forward (6) 1/2 turn R recover on R
7&8 (7) step L forward (&) close R together behind LF (8) step L forward

SECTION 5 : CHASSE RLRL (BOX)

1&2 (1) side step RF to R (12:00) (&) step L together (2) step R
3&4 (3) side step LF to L (3:00) (&) step R together (4) step L
5&6 (5) side step RF to R (6:00) (&) step L together (6) step R
7&8 (7) side step LF to L (3:00) (&) step R together (8) step L

SECTION 6: STEP FORWARD-TOUCH-STEP BACK WARD-TOUCH-STEP SIDE-TOUCH

1-2 ; (1) step R forward (2) step L forward touch
3-4 (3) step L backward (4) R touch beside LF
5-6 (5) step R to R (6) L touch beside RF
7-8 (7) step L to L (8) R touch beside LF

TAG (16 COUNT) Tag A(8count) Tag B(8count)

TAG A : STOMP-HOLD

1-2 (1) stomp RF in place (2) hold
3-4 (3) turn 180 stomp LF in place (4) hold
5-6 (5) stomp RF in place (6) hold
7-8 (7) turn 180 and stop LF in place (8) hold

Tag B (8 count) V STEP -V STEP BACKWARD

1-2 (1) step R diagonal forward to R (2) step L diagonal forward to L
3-4 (3) step R back to center (4) close L together R
5-6 (5) step R diagonal backward to R (6) step L diagonal backward to L
7-8 (7) step R back to center (8) close L together R

***1st Tag (16 count) on wall 5 after 16 count/section 2**

****2nd Tag (8count) on wall 7 after 48 count**

note : RF = Right Foot -- LF = Left Foot

Thankyou & happy dancing

Hope you enjoy it !

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