

# My Self Control

**COPPER KNOB**  
BY STEPHEN T. C.

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Audrey Watson (SCO)  
音乐: Self Control - Infernal



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## **SIDE ROCK KICK, TOUCH ¼ TURN TOUCH, KICK BALL POINT & ½ TURN MONTEREY**

1&2      Rock right to right side, recover weight on left, kick right across left  
3&4      Touch right toe to right side, turn ¼ left hitching right knee, touch right toe to right side  
5&6      Kick right foot forward, step down on ball of right, touch left toe to left side  
&7-8      Step left next right, point right toe to right side, turn ½ turn right stepping right next left

## **SIDE TOUCH, CHASSE, BACK ROCK ¼ TURN SHUFFLE**

1-2      Touch left toe to left side, touch left next right  
3&4      Step left to left side, close right next left, step left to left side  
5-6      Rock back on right, recover forward on left  
7&8      On ball of left turn ¼ left, shuffle back on right, left, right

## **REVERSE ½ TURN, KICK BALL STEP, ¼ TURN, ¼ TURN, KICK BALL STEP**

1-2      Touch left toe back, turn ½ turn left  
3&4      Kick right foot forward, step down on ball of right foot, step forward on left  
5&6      Turn ¼ left touching right toe to right side, hitching right knee turn ¼ left, touch right toe to right/side  
7&8      Kick right foot forward, step down on ball of right, step forward on left

## **FORWARD ROCK, ½ TURN SHUFFLE, FORWARD ROCK, COASTER CROSS**

1-2      Rock forward on right, recover back on left  
3&4      Turn ½ right shuffle forward on right, left, right  
5-6      Rock forward on left, recover back on right  
7&8      Step back on left, step right next left, cross left over right

**REPEAT**

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