

No Self Control!

拍数: 32 墙数: 4 级数: Beginner
编舞者: Niels Poulsen (DK)
音乐: Self Control - Infernal



WALK FORWARD RIGHT LEFT, SIDE ROCK RIGHT, STEP FORWARD RIGHT, ROCK LEFT FORWARD, ½ SHUFFLE TURN LEFT

1-2 Walk forward right, left
&3-4 Rock right to right side, recover weight back to left, step forward right
5-6 Rock forward left, recover right
7&8 Turn ¼ left stepping left to left side, bring right next to left, turn ¼ left stepping forward on left (facing 6:00)

WALK FORWARD RIGHT LEFT, SIDE ROCK RIGHT, STEP FORWARD RIGHT, ROCK LEFT FORWARD, ¼ LEFT LEADING INTO CHASSE LEFT

1-2 Walk forward right, left
&3-4 Rock right to right side, recover weight back to left, step forward right
5-7 Rock forward left, recover right
7&8 Turn ¼ left stepping left to left side, bring right next to left, step left to left side (facing 3:00)

WEAVE, CROSS ROCK STEP, CHASSÉ TO RIGHT SIDE

1-2 Cross right over left, step left to left side
3-4 Cross right behind left, step left to left side
5-6 Cross rock right over left, recover weight back to left
7&8 Step right to right side, bring left next to right, step right to right side (facing 3:00)

CROSS, KICK, CROSS, KICK, LEFT JAZZ BOX, TOUCH RIGHT NEXT TO LEFT

1-2 Cross left over right, kick right to right side
3-4 Cross right over left, kick left to left side
5-6 Cross left over right, step back on right
7&8 Step left to left side, touch right next to left (facing 3:00)

REPEAT
