

Self Control

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dottie Wicks (USA)
音乐: Self Control (W.C./Euro-Mix) - First Love



Start on Vocals "Oh the night...". This is a bit of a tricky count (28 counts of intro) 4 counts into the 4th set of 8

TOE/HEEL-CROSS-BACK LOCK STEP-TOE TOUCHES-QUARTER TURN WITH STOP SIGN

- 1&2 Touch right toe to left instep, touch right heel to right instep, cross & step right in front of left (weight on right)
- 3&4 Step back on left - lock step right in front of left, step back on left
- 5&6&7 Touch right toe to right side, step right to center, touch left toe to left side, step left to center, touch right toe to right side
- 8 Keeping weight on left turn and toe pointed to right, turn quarter to right (3:00 wall) while raising right arm in front of your body shoulder height with palm flat facing forward ("stop")

QUARTER TWIST LEFT - LIFT LEFT HEEL & SNAP-QUARTER TWIST RIGHT-LIFT RIGHT HEEL & SNAP - FORWARD SHUFFLE/ LEFT CROSS -HALF TURN RIGHT

- 1-2 Bending knees, step down on right while twisting body quarter turn to left (12:00 wall) (weight on right), lifting left heel and angling body to left diagonal while swinging both arms left and snap fingers hip height
- 3-4 Bending knees, step down on left while twisting body quarter to right (3:00 wall), lifting right heel while swinging both arms right and snap fingers hip height
- 5&6 Right shuffle forward (right, left, right)
- 7-8 Cross step left over right, unwind half turn right (9:00 wall) (weight stays on left)

RIGHT COASTER, ROCK, RECOVER, HALF TURN LEFT, RIGHT SHUFFLE FORWARD, ROCK, RECOVER HALF TURN LEFT

- 1&2 Coaster step right, left, right
- 3&4 Rock forward on left, recover weight onto right, turn half turn left stepping down on left (3:00 wall)
- 5&6 Shuffle forward right, left, right
- 7&8 Rock forward on left, recover weight on right, turn half turn left while stepping down on left (9:00 wall)

VAUDEVILLE STEPS - CROSS STEP HOLD WITH OUTSTRETCHED ARMS, CROSS, HALF TURN LEFT

- 1&2 Cross step right over left, step back on left, touch right heel diagonal forward
- &3&4 Step back on right, cross step left over right, step back on right, touch left heel diagonal forward
- &5 Step down on left, cross right over left
- 6 Hold, putting both arms in front of body shoulder height with palms facing forward ("stop")
- 7-8 Unwind on balls of both feet turning half turn to left (3:00 wall) (weight ends on left)

Drop arms on count one of next wall

REPEAT

ALTERNATIVE ENDING:

At the beginning of the 11th wall (you'll be facing the 6:00 wall) dance the first 20 counts and replace remaining of the with the following:

- 1 Cross right over in front of left
- &2&3&4 Bend left in front of body shoulder height with back of left hand in front of eyes palm facing forward and straighten right arm forward in front of body shoulder height palm facing forward. Bouncing heels unwind to left until end of music

