

Self Control

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Self Control - Infernal



WALKS, SIDE ROCK, RECOVER, TOUCH, WEAVE RIGHT, UNWIND ½ TURN LEFT

1-2 Step right forward, step left forward
&3-4 Rock right to side, recover onto left, touch right together
&5-6 Step right to side, cross left over right, step right to side
7-8 Touch left toe behind right, unwind ½ left (weight to left, 6:00)

WALKS, SIDE ROCK, RECOVER, TOUCH, WEAVE RIGHT, SAILOR ¼ TURN LEFT

1-2 Step right forward, step left forward (6:00)
&3-4 Rock right to side, recover onto left, touch right together
&5-6 Step right to side, cross left over right, step right to side
7&8 Cross left behind right, turn ¼ left and step right together, step left to side (3:00)

WEAVE LEFT, LOW DIAGONAL KICK RIGHT-BALL-CROSS, (¼ LEFT, ¾ TRIPLE LEFT)

1-2 Cross right over left, step left to side
3&4 Cross right behind left, step left to side, kick right diagonally forward
&5-6 Step right together, cross left over right, turn ¼ left and step right back (12:00)
7&8 Triple in place turning ¾ left and step left, right, left (3:00)

Easy option:

6-7&8 Step right to side, sailor step left, right, left

WEAVE LEFT, RIGHT HEEL JACK, BALL-CROSS-SIDE, ½ HINGE LEFT-CHASSE LEFT

1-2 Cross right over left, step left to side
3&4 Cross right behind left, step left to side, touch right heel diagonally forward
&5-6 Step right together, cross left over right, step right to side
7&8 Turn ½ left and step left to side, step right together, step left to side (9:00)

CROSS ROCK, RECOVER, BALL-CROSS, HOLD, ROCK & CROSSES

1-2 Cross/rock right over left, recover onto left
&3-4 Step right together, cross left over right, hold
5&6 Rock right to side, recover onto left, cross right over left

Moving forward

7&8 Rock left to side, recover onto right, cross left over right

Moving forward

RIGHT SIDE CHASSE, ROCK BACK, RECOVER, LEFT SIDE CHASSE, ROCK BACK RECOVER

1&2 Step right to side, step left together, step right to side
3-4 Rock left back, recover onto right
5&6 Step left to side, step right together, step left to side
7-8 Rock right back, recover onto left

ROCKS FORWARD & BACK, ½ RIGHT, RONDE ¼ RIGHT, CROSS ROCK, RECOVER LEFT SIDE CHASSE

1-2 Rock right forward, rock left back
3-4 Turn ½ right and step right forward, sweep left back to side
5-6 Turn ¼ right and cross/rock left over right, recover to right
7&8 Step left to side, step right together, step left to side

STEP, ½ PIVOT LEFT, WALKS FORWARD, STEP, ½ PIVOT LEFT, RIGHT KICK-BALL-STEP

- 1-2 Step right forward, turn ½ left (weight to left, 12:00)
- 3-4 Step right forward, step left forward
- 5-6 Step right forward, turn ½ left (weight to left, 6:00)
- 7&8 Kick right forward, step right together, step left forward

REPEAT
