

# Control Myself

**COPPERKNOB**  
BY STEPHENETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Kash Bane (UK)  
音乐: Control Myself (feat. Jennifer Lopez And Jermaine Dupri) - LL Cool J



Start at approx 12 seconds into track with the heavy beats after 'LL Cool J' is said, main dance starts right after intro

## HIP BUMPS, FULL HIP ROLLS

1-4      Bump hips left, right, left, right  
5-6      Roll hips in a full circle left  
7-8      Roll hips in a full circle right

## KICK FLICK JUMPS, KICK STEP JUMPS

1&2&      Kick right foot forward, flick right foot back so knee is parallel to floor, jump feet shoulder width apart, jump feet together  
3&4&      Kick left foot forward, step left foot next to right, jump both feet shoulder width apart, jump feet together  
5&6&      Repeat steps 1&2&  
7&8&      Repeat steps 3&4&

## RIGHT ROCK, COASTER WITH ATTITUDE

1-2      Rock right foot forward, recover onto left  
3&4      Step right foot back, step left foot next to right, stomp forward on right foot adding attitude

## STEP, HEEL SPLIT, PRESS, HITCH, 1 ¼ TURN WITH HITCH, STEP, HITCH

1&2      Step left foot next to right, split heels, close heels  
3-4      Step to right and place heavy weight onto it, push off right foot and hitch right knee  
5&6      Step right to right side, make a ½ turn over right shoulder stepping left to left side, on ball of left do a ¾ turn over right shoulder while hitching right knee  
7-8      Step down on right foot, hitch left knee

## SLIDE, HIP BUMPS WITH ¼ TURN, KICK, SIT, CHEST POPS

1-2      Take a large step to the left with left foot, slide right foot next to left  
3-4      Bump hips right then left making a ¼ turn left  
5-6      Kick right foot forward, squat down as if sitting on heels  
7&8      As you rise up, pop chest out, in, out

## HOP WITH HITCH, WEAWE, POINT, SNAKE LEFT, HIP ROLL WITH ¼ TURN

1      Hop back to left diagonal on left foot while hitching right knee  
2&3      Step right foot behind left foot, step left foot to left side, cross right foot over left  
4      Point left toe to left side  
5-6      Snake to the left placing weight onto left foot and pointing right to right side  
7-8      Roll hip round to the right making a ¼ turn right

Your right toe should be pointing forward

## FLICK, STEP, FULL TURN, ¼ FLICK STEP, COASTER STEP

1-2      Flick left foot back while placing weight onto right foot, step forward onto left foot  
3&4      Make a full turn forward stepping right, left, right  
5-6      Flick left foot back while turning a ¼ turn right on ball of right foot, step left foot forward  
7&8      Step back on right foot, step left foot next to right, step right foot forward

REPEAT

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