

Self Control

拍數: 32 牆數: 4 級數: Newcomer
編舞者: Chatti the Valley (ES) - January 2016
音樂: Self Control - Infernal



Intro: 32

Alt. music: "Self Control" de Soraya - Intro: 16+32 - Bpm: 112

[1-8]: Right MAMBO CROSS, Left CHASSE ¼ TURN, Right MAMBO ROCK, Left COASTER STEP.

1 Step right to right side
& Recover weight on left foot
2 Cross right over left
3 Step left to left side
& Step right beside left foot
4 ¼ turn left, step forward on left foot (9:00)
5 Step forward on right foot
& Recover weight on left foot
6 Step right back
7 Step left back
& Step right back, beside left foot
8 Step forward on left foot

[9-16]: Right & Left BUMP & STEPS, Right MAMBO CROSS ¼ TURN, Left CHASSE ¼ TURN.

1 Touch right toe forward, hip bump right
2 Down heel, step right
3 Touch left toe forward, hip bump left
4 Down heel, step left
5 Step forward on right
& ¼ turn left, weight on left foot (6:00)
6 Cross right over left
7 Step left to left side
& Step right beside left foot
8 ¼ turn right, step left back (9:00)

[17-24]: Right COASTER STEP, Left SHUFFLE, Right & Left SKATES, Right STEP, ½ TURN & KICK.

1 Step right back
& Step left back, beside right foot
2 Step right forward
3 Step left forward
& Step right forward, near left foot
4 Step left forward
5 Swivel to right with right foot
6 Swivel to left with left foot
7 Step right forward
8 ½ turn left, weight on right foot, Kick left forward (3:00)

[25-32]: Left COASTER STEP, Right SHUFFLE, Left Side ROCK STEP, CROSS SHUFFLE.

1 Step left back
& Step right back, beside left foot
2 Step left forward
3 Step right forward

- & Step left forward, near right foot
- 4 Step right forward
- 5 Step left to left side
- 6 Recover weight on right foot
- 7 Cross left over right
- & Step right to right side
- 8 Cross left over right

START AGAIN

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