

# Self Control

拍數: 32      牆數: 4      級數: Beginner / Improver  
編舞者: Des Ho (SG) - February 2017  
音樂: Self Control - Soraya : (Album: Ochenta's - amazon & iTunes)



Intro: 48 counts from start of music. (0:26 sec) 1 clear Restart on wall 7 after the 24th count

## [1-8] FORWARD ROCK BALL FORWARD ROCK, 1/4 TURN L, SIDE TOGETHER LOCK STEP FORWARD [9:00]

1-2&      Rock R forward; Recover onto L; Step R next to L  
3-4      Rock L forward; Recover onto R  
5-6      Make 1/4 turn L stepping L to left; Step R next to L [9:00]  
7&8      Step L forward; Lock R behind L heel; Step L forward

## [9-16] STEP, 1/2 TURN PIVOT L, TRIPLE 1/2 TURN L, BACK ROCK, KICK BALL CHANGE [9:00]

1-2      Step R forward; Make 1/2 turn L weight on L [3:00]  
3&4      Make 1/4 turn left stepping R to right; Step L close to R; 1/4 turn right stepping back on R [9:00]  
5-6      Rock back on L; Recover onto R  
7&8      Kick L forward; Step L next to R; Step R forward

## [17-24] SIDE ROCK, CROSS SHUFFLE, 1/4 TURN L, 1/4 TURN L, CROSS ROCK [3:00]

1-2      Rock L to left; Recover onto R  
3&4      Cross L over right; Small step R to right, Cross L over right  
5-6      Make 1/4 turn L stepping back on R; 1/4 turn L stepping L to left [3:00]  
7-8      Cross Step R to right; Recover onto L □ \* R [ See below details on Restart ]

## [25-32] SIDE ROCK, BACK ROCK, R HIP BUMP, L HIP BUMP [3:00]

1-2      Rock R to right ; Recover onto L  
3-4      Rock back on R; Recover onto L  
5&6      Step R to diagonal right & bump hip R,L,R and change weight to R(6)  
7&8      Bump hip L,R,L and change weight to L(8)

### Optional Styling during Section 4 (25 - 28):

1 - 2      Do shoulder isolation during count 1 & 2 Step R to right & push right shoulder to R(1); Push left shoulder to L (2)  
3 - 4      Step R back & look back over R shoulder simultaneously with attitude (3) □ Turn head looking back over R shoulder with attitude (3)

Repeat & Have Fun!

\* R - After 24 counts during the 7th rotation, make 1/4 turn R to face 12:00 & Restart

Ending Option: During 12th rotation, after R hip bump on count 5&6 of sect 4, make 1/4 turn L & do the last L Hip Bump (7&8) facing 12:00. Then, continue with 1st 4 counts of 13th rotation as music fades away.

Contact choreographer: [beaverct@gmail.com](mailto:beaverct@gmail.com)

Last Update: 8 Feb 2017