

Self Control 2020

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: KyungOk Kim (KOR) - December 2020
音樂: Self Control - Soraya



Intro: After 16 Counts

Intro Dance: 32 Count

SEC1: FWD STEP, SIDE POINT - R, L, R, L

1-4 RF step forward, LF side point, LF step forward, RF side point
5-8 RF step forward, LF side point, LF step forward, RF side point

SEC2: BWD STEP, SIDE POINT - R, L, R, L

1-4 RF step backward, LF side point, LF step backward, RF side point
5-8 RF step backward, LF side point, LF step backward, RF side point

SEC3: ROLLING VINE TOUCH WITH CLAP - R, L

1-2 RF step forward 1/4 turn to R, LF step backward 1/2 turn to R
3-4 RF step side 1/4 turn to R, LF touch next to RF with clap
5-6 LF step forward 1/4 turn to L, RF step backward 1/2 turn to L
7-8 LF step side 1/4 turn to L, RF touch next to LF with clap

SEC4: FWD WALKS (R, L, R) & KICK, BWD WALKS (L, R, L) & BEHIND CROSS TOUCH

1-4 RF step forward, LF step forward, RF step forward, LF kick forward
5-8 LF step backward, RF step backward, LF step backward, RF touch behind cross

MAIN DANCE: 32 Count

SEC1: SIDE, CLOSE, CHASSE, 1/4 TURN SIDE, CLOSE, CHASSE

1-2 RF step side, LF step close next to RF
3&4 RF step side, LF step close next to RF, RF step side
5-6 LF step 1/4 turn to L side, RF step close next to LF (3:00)
7&8 LF step side, RF step close next to LF, LF step side

SEC2: SIDE, TOUCH, IN PLACE WITH HIP SWAY

1-4 RF step side, LF lift heel and L hip bump, LF step side, RF lift heel and R hip bump
5-6 RF step close beside LF with hip sway R, LF step in place with hip sway L
7-8 RF step in place with hip sway R, LF step in place with hip sway L (3:00)

SEC3: PIVOT 1/2 L, FWD LOCKSTEP, DIAGONAL STEP, TOUCH

1-2 RF step forward, LF pivot 1/2 turn to L (weight on LF)
3&4 Rf step forward, LF behind cross next to RF, RF step forward
5-8 LF step diagonal L, RF touch next to LF, RF step diagonal R, LF touch next to RF (9:00)

* Restart here - In Wall 7 after 24 Counts (facing 3:00)

*8 instead of LF touch - LF step next to RF (weight on LF)

SEC4: SIDE ROCK, RECOVER, IN PLACE, SYNCOPATED SIDE ROCK, FLICK BEHIND

1-2 LF step side rock, RF step recover
3&4 LF step close next to RF, RF step in place, LF step in place
5&6 RF step side rock, LF step recover, RF step close next to LF
7-8 LF step side, RF flick behind LF

START AGAIN - ENJOY THE DANCE

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