

# Self Control

拍數: 48      牆數: 3      級數: Low Intermediate  
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音樂: Self Control - Bebe Rexha



Intro: 8C

Tag 16c after wall 4

\*\*2 Restarts - on wall 1 after 32C & on wall 5 after 16C

## \*S1# SIDE LUNGE WITH SHOW INDEX FINGER - RECOVER - FORWARD SHUFFLE - FORWARD ROCK-SHUFFLE 1/2 TURN LEFT\*

1-2            step R to side with the right leg bent and the body tilted leaning to the right (right index finger pointing straight moving from left to right), Recover on L  
3&4           Step R forward, Step L beside R, Step R forward  
5-6           Step L forward, Recover on R  
7&8           ¼ Turn left step L to side (09.00), Step R beside L, ¼ turn left step L forward (06.00)

## \*S2# (CROSS ROCK - SIDE)RL - FORWARD - FORWARD WITH SWEEP - 1/2 UNWIND TO LEFT\*

1-2&           Cross R over L, Recover on L, Step R to side  
3-4&           Cross L over R, Recover on R, Step L to side  
5-6           Step R forward , sweep L from back to front  
7-8           Cross touch R over L, 1/2 turn Left step R in place (12.00)

## \*S3# DOROTHY RL - PIVOT 1/4 TO LEFT - MODIFIED WEAWE\*

1 - 2 &           Step R diagonally forward to right, Cross L behind R, step R diagonally forward to right  
3 - 4&           Step L diagonally forward to left, Cross R behind L, step L diagonally forward to left  
5 - 6           Step R forward, 1/4 turn left recover on L (09.00)  
7&8&           Cross R over L, step L to side, cross R behind L, step L to side

## \*S4# MODIFIED VAUDEFILLE RL - PIVOT 1/2 TO LEFT - FLICK - MODIFIED ROCKING CHAIR\*

1&2&           Cross R over L, Step L to side, Touch heel R diagonally forward to right, Close R together  
3&4&           Cross L over R, Step R to side, Touch heel L forward to left, Close L together  
5-6           Step R forward, 1/2 turn left recover on L with R flick (03.00)  
7&8&           Step R forward, Recover on L, Step R backward, Recover on L

## \*S5# BOTAFOGO RL- 1/2 UNWIND TO LEFT - CROSS SHUFFLE\*

1&2           Cross R over L, Ball of L to side, Step R in place  
3&4           Cross L over R, Ball of R to side, Step L in place  
5-6           Cross touch R over L, 1/2 turn left tap R in place(09.00)  
7&8           Cross R over L, Step L together, Cross R over L

## \*S6# SIDE ROCK - BEHIND - SIDE - CROSS - HEEL TOUCH RL - HEEL SWIVEL\*

1-2           Step L to side left , Recovered on R  
3 & 4           Cross L behind R, Step R to side , Step L forward  
5 & 6           Touch heel R forward, Close R together , Touch heel L forward, Close L together  
7 & 8           Touch R toe forward, Move heel R to right with bump hip to right center , Move heel to left back to center with hip back to center

## Tag : BOTAFOGO RL - UNWIND TO LEFT - CROSS SHUFFLE

1&2           Cross R over L, Ball of L to side, Step R in place  
3&4           Cross L over R, Ball of R to side, Step L in place  
5 - 6           Cross touch R over L, 1/2 turn left tap R in place (12.00)  
7&8           Cross R over L, Step L together, Cross R over L

**SIDE ROCK - BEHIND - CROSS - HEEL TOUCH RL - HEEL SWIVEL**

1 -2 Step L to side left, Recover on R

3&4 Cross L behind R, Step R to side, Step L forward

5&6 Touch heel R forward, Close R together, Touch heel L forward, Close L together

7&8 Touch R toe forward, Move heel R to right with bump hip to right center, Move heel to left back to center with hip back to center

**\*Ending on wall 6, replace counts 15-16 (1/2 Cross Unwind) with:**

**Step RF forward (15), Make  $\frac{1}{4}$  turn left recover on L (16) to face 12:00 and pose**

**Last Update: 23 Dec 2022**

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