

# Self Destruction Mode

拍數: 64                      牆數: 4                      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - September 2023  
音樂: Self Destruction Mode - The Chainsmokers & bludnymph : (Spotify/ Apple Music/ Deezer)



Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(Intro: 36 counts)

## [S1] Touch Fwd-Back-Fwd-Back, Touch Side-1/4R-Step-Pivot 1/4R

1 2 3 4            Touch R heel forward, Touch R toe back, Touch R heel forward, Touch R toe back  
5 6                Point/touch R to the side, Make a ¼ turn right step down on R (3:00)  
7 8                Step forward on L, Make a ¼ turn right recover weight on R (6:00)

## [S2] Touch Fwd-Back-Fwd-Back, Fwd Rock-1/2L Shuffle Fwd-1/2L-Together

1 2 3 4            Touch L heel forward, Touch L toe back, Touch L heel forward, Touch L toe back  
5 6                Rock forward on L, Replace weight on R  
7&8               Making a ½ turn left shuffle forward on L-R-L (12:00)  
&1                 Make a swift ½ turn left stepping back on R, Step L next to R (6:00)

## [S3] Side-Together, Shuffle Fwd, Side-Together, Coaster Step-

2 3                Step R to the side, Step L next to R  
4&5               Shuffle forward on R-L-R  
6 7                Step L to the side, Step R next to L  
8&1               Step back on L, Step R next to L, Step forward on L

## [S4] Step-Pivot 1/4L, Cross Shuffle, Reverse Side Roll

2 3                Step forward on R, Make a ¼ turn left recover weight on L (3:00)  
4&5               Cross R over L, Step L close to R, Cross R over L  
6 7 8             Make a ¼ turn right stepping back on L, Make a ½ turn right stepping forward on R, Make a ¼ turn right stepping L to the side (3:00)

- Restart here on Wall 1 (3:00) and Wall 3 (9:00) and Wall 6 (6:00)

## [S5] Fwd-Together, Out, Out, Back, Together, Out, Out, Fwd-Together

&1                Step/hop forward on R, Step L next to R  
2 3                Step diagonally back on R (out), Step L to the side (out)  
4 5                Step back on R (in), Step L next to R (in)  
6 7                Step diagonally forward on R (out), Step L to the side (out)  
&8                Step/hop forward on R, Step L next to R

## [S6] Back Rock, Step-Pivot 1/4L, Rocking Chair-

1 2                Rock back on R, Replace weight on L  
3 4                Step forward on R, Make a ¼ turn left recover weight on L (12:00)  
5 6                Rock forward on R, Replace weight on L  
7 8                Rock back on R, Replace weight on L

## [S7] -&-Point, Back, Point, Back Rock, Step-Pivot 1/4L-Cross (Rock)-

&1                Step forward on R, Point L to the side  
2 3                Step back on L, Point R to the side  
4 5                Rock back on R, Replace weight on L  
6 7 8             Step forward on R, Make a ¼ turn left recover weight on L (9:00), Cross (rock) R over L

## [S8] -Recover w/ Hitch, Hold, Side-Touch-Side-Touch, 1/4R, Step-Pivot 1/4R, Fwd

1 2            Replace weight back on L and hitch R knee at the same time (1), Hold (2)  
&3&4        Step R to the side, Touch L next to R, Step L to the side, Touch R next to L  
5 6            Make a ¼ turn right stepping forward on R (12:00), Step forward on L  
7 8            Make a ¼ turn right recover weight on R (3:00), Step forward on L

**Restart on Wall 1 count 32 (3:00), Wall 3 count 32 (9:00) and Wall 6 count 32 (6:00)**

**Ending suggestion: The last wall (wall 7) starts facing 6:00. When you dance towards the end, replace the last 2 counts of the dance with 'Step-Pivot 1/2R' to face the front.**

**(updated: 27/Sept/23)**

---