

# Control Yourself

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Colin Tremain (UK)  
音樂: Self Control (W.C./Euro-Mix) - First Love



40 count intro. Start on words "Oh the night"

## RIGHT & LEFT TOE, HEEL SWITCHES, STEP, STEP, FORWARD SHUFFLE

1&2&      Touch right toe to right, step right beside left, touch left heel forward, step left beside right  
3&4&      Repeat as counts 1&2&  
5-6      Step forward on right, step forward on left  
7&8      Forward shuffle right, left, right

## STEP, ROCK, ¾ TRIPLE TURN LEFT, STEP, ROCK, COASTER,

9-10      Step forward on left, rock back onto right  
11&12      ¾ triple turn to left stepping left, right, left  
13&14      Step forward on right, rock back onto left  
15&16      Step back on right, step back on left, step forward on right

## LEFT & RIGHT TOE, HEEL SWITCHES, STEP, STEP, FORWARD SHUFFLE

17&18&      Touch left toe to left, step left beside right, touch right heel forward, step right beside left  
19&20&      Repeat as counts 17&18&  
21-22      Step forward on left, step forward on right  
23&24      Forward shuffle left, right, left

## STEP, ROCK, ½ TRIPLE TURN RIGHT, STEP, ROCK, COASTER CROSS

25-26      Step forward on right, rock back on left  
27&28      ½ triple turn to right stepping right, left, right  
29-30      Step forward on left, rock back onto right  
31&32      Step back on left, step back on right, cross left over right

## SIDE, BEHIND, STEP HEEL STEP CROSS, LEFT SIDE SHUFFLE, BACK ROCK

33-34&      Step right to right, step left behind right, step right to right  
35&36      Touch left heel to left diagonal, step left beside right, cross right over left  
37&38      Step left to left, close right to left, step left to left  
39-40      Rock back on right, rock forward onto left

## STEP, ½ PIVOT, ½ TRIPLE TURN LEFT, COASTER, FORWARD SHUFFLE

41&42      Step forward on right, turn ½ turn to left onto left  
43&44      ½ triple turn to left stepping right, left, right  
45&46      Step back on left, step back on right, step forward on left  
47&48      Forward shuffle right, left, right

## HEEL BALL CROSS TWICE, SIDE, ROCK, CROSS SHUFFLE

49&50      Touch left heel forward, step left beside right, cross right over left  
51&52      Repeat as counts 49&50  
53-54      Step left to left, rock onto right in place  
55&56      Cross left over right, step right to right, cross left over right

## ¼ TURN RIGHT, ¼ TURN RIGHT, SAILOR ¼ TURN RIGHT, ¼ TURN SIDE SHUFFLE, BACK ROCK

57-58      Step right ¼ turn right, step left ¼ turn right  
59&60      Step right behind left, step left ¼ turn to right, step forward on right

61&62 Step left ¼ turn to right, close right to left, step left to left  
63-64 Rock back on right, rock forward onto left

**REPEAT**

**RESTART**

Following the 3rd repetition, dance counts 1-48 as per script, then add an extra count by quickly stepping onto the left foot & restarting from the beginning. This section therefore becomes counts 1-48a & occurs once only, the restart taking place on the 12:00 wall.

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