

Self Control (□□□□)

LINEDANCE.COM

Count: 64 **Wall:** 4 **Level:** Intermediate

Choreographer: Maggie Gallagher (July 08)

Music: Self Control by Infernal

□□□ **Intro: 20 counts (13 secs) Start on the word**

“Night”

□□□

Walks, Side Rock, Recover, Touch,

Weave Right, Unwind 1/2 Turn Left

□ , □□□ , □□ , □ , □□□ , □□ 1/2

1,2

Walk Forward Right, Walk Forward Left [12]

□□□□ , □□□□ (12□□)

&3,4

Rock Out To Right Side, Recover Onto Left, Touch Right Next To Left

□□□□ , □□□□ , □□□□

&5,6

Step Right To Right Side, Cross Left Over Right, Step Right To Right

Side □□□□ , □□□□□□□□ , □□□□

7,8

Touch Left Toe Behind Right, Unwind 1/2 Turn Left (Ending With Weight On

Left) [6] □□□□□□□□ , □□ 180□ (□□□□□□) (6□□)

□□□

Walks, Side Rock, Recover, Touch,

Weave Right, Sailor 1/4 Turn Left

□ , □□□ , □□ , □ , □□□ , □□ 1/4□□□

1,2

Walk Forward Right, Walk Forward Left [6]

□□□□ , □□□□ (6□□)

&3,4

Rock Out To Right Side, Recover Onto Left, Touch Right Next To Left

□□□□ , □□□□ , □□□□

&5,6

Step Right To Right Side, Cross Left Over Right, Step Right To Right

Side □□□□ , □□□□□□□□ , □□□□

7&8

Cross Left Behind Right, Make 1/4 Turn Left Stepping Right Beside Left, Step

Left To Left Side [3]

□□□□□□□□ , □□ 90□□□□□□ , □□□□ (3□□)

□□□

Weave Left, Low Diagonal Kick

Right-Ball-Cross, [1/4 Left, 3/4 Triple Left] □□□ , □□□□□□□□ , □□ 1/4, □□□□□□ 3/4

1,2

Cross Right Over Left, Step Left To Left Side

□□□□□□□□ , □□□□

3&4

Cross Right Behind Left, Step Left To Left Side, Kick Right Forwards In

A Low Kick On A Right Diagonal

□□□□□□□□ , □□□□ , □□□□□□□□

&5,6

Step Right Next To Left, Cross Left Over Right, 1/4 Turn Left Stepping

Back On Right [12]

□□□□ , □□□□□□□□ , □□ 90□□□□ (12□□)

7&8

3/4 Triple Turn Left (L,R,L) [3]

□□□□ 270□ -□ , □ , □ (3□□)

(Easy Option 6,7&8 - Step Right To Right Side, Left Sailor

Step)

6,7&8□□□ -□□□□ , □□□□

□□□

Weave Left,

Right Heel Jack, Ball-Cross-Side, 1/2 Hinge Left-Chasse Left □□□ , □□□ , □ -□□ -□ , □□□

1/2-□□□

1,2

Cross Right Over Left, Step Left To Left Side

□□□□□□□□ , □□□□

3&4

Cross Right Behind Left, Step Left To Left Side, Tap Right Heel Forward

On A Right Diagonal

□□□□□□□□ , □□□□ , □□□□□□□□

&5,6

Step Right Next To Left, Cross Left Over Right, Step Right To Right

Side,

□□□□ , □□□□□□□□ , □□□□

7&8

1/2 Hinge Turn Left Stepping Left To Left Side, Step Right Next To Left,

Step Left To Left Side [9]

□□ 180□□□□□□ , □□□□ , □□□□ (9□□)

mso-font-kerining:0pt">□□□□

mso-font-kerining:0pt">

mso-font-kerining:0pt">Cross Rock, Recover, Ball-Cross, Hold, Rock &

Crosses

mso-font-kerining:0pt">□□□□ , □□ , □ -□□ , □ , □□ &

mso-font-kerining:0pt">□□

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1,2

Cross Rock Right Over Left, Recover Onto Left

□□□□□□□□□□ , □□□□

&3,4

Step Right Next To Left, Cross Left Over Right, HOLD

□□□□ , □□□□□□□□ , □

5&6

Rock Out To Right Side, Recover Onto Left, Cross Right Over Left (Moving

Forwards) □□□□ , □□□□ , □□□□□□□□ (□□□□)

7&8

Rock Out To Left Side, Recover Onto Right, Cross Left Over Right (Moving

Forwards) □□□□ , □□□□ , □□□□□□□□ (□□□□)

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Right Side Chasse, Rock Back, Recover, Left Side

Chasse, Rock Back, Recover □□□□ , □□□□ , □□ , □□□□ , □□□□ , □□

1&2

Step Right To Right Side, Step Left Next To Right, Step Right To Right

Side □□□□ , □□□□ , □□□□

3,4

Rock Back On Left, Recover Onto Right □□□□□□ , □□□□

5&6

Step Left To Left Side, Step Right Next To Left, Step Left To Left Side

□□□□ , □□□□ , □□□□

7,8

Rock Back On Right, Recover Onto Left □□□□□□ , □□□□

mso-font-kerning:0pt">□□□

mso-font-kerining:0pt">

mso-font-kerining:0pt">Rocks Forward & Back, 1/2 Right, Ronde 1/4 Right,

Cross Rock, Recover, Left Side Chasse

mso-font-kerining:0pt">

& , /2,

mso-font-kerining:0pt"> 1/4,

, ,

1,2

Rock Forward On Right, Rock Back On Left

,

3,4

1/2 Turn Right Stepping Forward On Right, Ronde 1/4 Turn Right Sweeping

Left In Front Of Right [6]

180 , 90 (6)

5,6

Cross Rock Left Over Right, Rock Back Onto Left

,

7&8

Step Left To Left Side, Close Right Next To Left, Step Left To Left Side

, ,

mso-font-kerining:0pt">

mso-font-kerining:0pt">

mso-font-kerning:0pt">Step, 1/2 Pivot Left, Walks Forward, Step, 1/2 Pivot

Left, Right Kick-Ball-Step □ , □□ 1/2,

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">, □ , □□ 1/2,

mso-font-kerning:0pt">□□□□

1,2

Step Forward On Right, 1/2 Pivot Turn Left [12]

□□□□ , □□ 180° (12□□)

3,4

Walk Forward Right, Walk Forward Left □□□ , □□□

5,6

Step Forward On Right, 1/2 Pivot Turn Left [6]

□□□□ , □□ 180° (6□□)

7&8

Kick Forward On Right, Step Right Next To Left, Step Forward On Left

□□□□ , □□□□ , □□□□