

INTERNAL INFERNO

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Count: — **Wall:** 2 **Level:** intermediate

Choreographer: Peter Metelnick & Alison Biggs

Music: Control Myself (Radio Edit) by LL Cool J Featuring Jennifer Lopez And Jermaine Dupri

Sequence:AAB AAB AAB BB(1-36)

PART A - VERSES

RIGHT FORWARD ROCK/RECOVER, RIGHT SIDE ROCK/HOP, RIGHT TOGETHER & HOLD, LEFT COASTER STEP, $\frac{1}{4}$ LEFT FEET APART, HOLD

- 1&2&** Rock right forward, recover weight on left, rock right to side, recover on left hopping to the left
- 3-4** Step right together, hold keeping weight on right
- 5&6** Step left back, step right together, step left forward
- &7-8** Turning $\frac{1}{4}$ left step right apart, step left apart, hold (weight remains on left)

RIGHT TOGETHER, LEFT SIDE ROCK/RECOVER, $\frac{1}{4}$ LEFT COASTER STEP, WALK FORWARD 2, RIGHT FORWARD, $\frac{1}{2}$ LEFT PIVOT TURN, RIGHT FORWARD

- &1-2** Step right together, rock left to side, recover weight on right
- 3&4** Turning $\frac{1}{4}$ left step left back, step right together, step left forward
- 5-6** Walk forward right, left
- 7&8** Step right forward, pivot $\frac{1}{2}$ left, step right forward

LEFT & RIGHT SIDE SYNCOPATED ROCK STEPS, RIGHT FORWARD & BACK SYNCOPATED ROCK STEPS

- 1-2&** Rock left to side, recover weight on right, step left together
- 3-4** Rock right to side, recover weight on left
- 5-6&** Rock right forward, recover weight on left, step right together
- 7-8** Rock left back, recover weight on right

LEFT&RIGHT APART, HOLD, RIGHT&LEFT TOGETHER, HOLD, RIGHT&LEFT APART, RIGHT&LEFT TOGETHER, RIGHT FORWARD, $\frac{1}{4}$ LEFT PIVOT TURN

- &1-2** Step left apart, touch right apart, hold (weight on left)

- &3-4** Step right in, step left together, hold
- &5&6** Step right apart, step left apart, step right in, step left together
- 7-8** Step right forward, pivot $\frac{1}{4}$ left

PART B - CHORUS

ROCK RIGHT FORWARD/RECOVER, $\frac{1}{4}$ RIGHT & SIDE, LEFT TOGETHER, RIGHT SIDE & HOLD, LEFT BALL CROSS, RIGHT SAILOR STEP

- 1&2** Rock right forward, recover weight on left, turning $\frac{1}{4}$ right step right to side
- &3-4** Step left together, step right to side, hold
- &5-6** Left back, right cross step over left, step left to side
- 7&8** Cross right behind, step left to side, step right slightly forward

LEFT FORWARD, HOLD, RIGHT&LEFT APART, RIGHT SLIGHTLY FORWARD, LEFT FORWARD, RIGHT FORWARD ROCK/RECOVER, $\frac{1}{2}$ RIGHT SHUFFLE

- 1-2** Step left forward, hold
- &3&4** Step right apart, step left apart, step right slightly forward, step left forward
- 5-6** Rock right forward, recover weight on left
- 7&8** Turning $\frac{1}{2}$ right step right forward, step left together, step right forward

LEFT FORWARD, HOLD, RIGHT&LEFT APART, RIGHT SLIGHTLY FORWARD, LEFT FORWARD, RIGHT FORWARD, $\frac{1}{4}$ LEFT PIVOT TURN, RIGHT CROSS SHUFFLE

- 1-2** Step left forward, hold
- &3&4** Step right apart, step left apart, step right slightly forward, step left forward
- 5-6** Step right forward, pivot $\frac{1}{4}$ left
- 7&8** Cross step right over left, step left to side, cross step right over left

LEFT BALL CROSS SIDE, RIGHT SAILOR STEP, WEAVE RIGHT 2, RIGHT BALL CROSS SIDE

- &1-2** Step left to side, cross step right over left, step left to side
- 3&4** Cross step right behind left, step left to side, step right to side
- 5-6** Cross step left over right, step right to side
- 7&8** Cross step left behind right, step right to side, step left to side

RIGHT & LEFT SYNCOPATED CROSS ROCK STEPS, LEFT BALL CROSS, LEFT SYNCOPATED WEAVE

- 1-2&** Cross rock right over left, recover weight on left, step right together
- 3-4** Cross rock left over right, recover weight on right
- &5-6** Step left back, cross step right over left, step left to side
- 7&8** Cross step right behind left, step left to side, cross step right over left

LEFT/RIGHT/LEFT SIDE SWITCHES, LEFT HITCH, ½ RIGHT & LEFT BACK, RIGHT COASTER STEP, LEFT FORWARD

- 1&2&** Touch left to side, step left together, touch right to side, step right together
- 3-4** Touch left to side, hitch left forward
- 5** Turning ½ right (turn on ball of right foot) step left back
- 6&7-8** Step right back, step left together, step right forward, step left forward