|  |  |
| --- | --- |
| Self Control |  |

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| . | | | | | | |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Maggie Gallagher (UK) | | | | |
| **Music:** | Self Control - Infernal | | | | |
| . | | | | | | |

**WALKS, SIDE ROCK, RECOVER, TOUCH, WEAVE RIGHT, UNWIND ½ TURN LEFT**

|  |  |
| --- | --- |
| 1-2 | Step right forward, step left forward |

|  |  |
| --- | --- |
| &3-4 | Rock right to side, recover onto left, touch right together |

|  |  |
| --- | --- |
| &5-6 | Step right to side, cross left over right, step right to side |

|  |  |
| --- | --- |
| 7-8 | Touch left toe behind right, unwind ½ left (weight to left, 6:00) |

**WALKS, SIDE ROCK, RECOVER, TOUCH, WEAVE RIGHT, SAILOR ¼ TURN LEFT**

|  |  |
| --- | --- |
| 1-2 | Step right forward, step left forward (6:00) |

|  |  |
| --- | --- |
| &3-4 | Rock right to side, recover onto left, touch right together |

|  |  |
| --- | --- |
| &5-6 | Step right to side, cross left over right, step right to side |

|  |  |
| --- | --- |
| 7&8 | Cross left behind right, turn ¼ left and step right together, step left to side (3:00) |

**WEAVE LEFT, LOW DIAGONAL KICK RIGHT-BALL-CROSS, (¼ LEFT, ¾ TRIPLE LEFT)**

|  |  |
| --- | --- |
| 1-2 | Cross right over left, step left to side |

|  |  |
| --- | --- |
| 3&4 | Cross right behind left, step left to side, kick right diagonally forward |

|  |  |
| --- | --- |
| &5-6 | Step right together, cross left over right, turn ¼ left and step right back (12:00) |

|  |  |
| --- | --- |
| 7&8 | Triple in place turning ¾ left and step left, right, left (3:00) |

**Easy option:**

|  |  |
| --- | --- |
| 6-7&8 | Step right to side, sailor step left, right, left |

**WEAVE LEFT, RIGHT HEEL JACK, BALL-CROSS-SIDE, ½ HINGE LEFT-CHASSE LEFT**

|  |  |
| --- | --- |
| 1-2 | Cross right over left, step left to side |

|  |  |
| --- | --- |
| 3&4 | Cross right behind left, step left to side, touch right heel diagonally forward |

|  |  |
| --- | --- |
| &5-6 | Step right together, cross left over right, step right to side |

|  |  |
| --- | --- |
| 7&8 | Turn ½ left and step left to side, step right together, step left to side (9:00) |

**CROSS ROCK, RECOVER, BALL-CROSS, HOLD, ROCK & CROSSES**

|  |  |
| --- | --- |
| 1-2 | Cross/rock right over left, recover onto left |

|  |  |
| --- | --- |
| &3-4 | Step right together, cross left over right, hold |

|  |  |
| --- | --- |
| 5&6 | Rock right to side, recover onto left, cross right over left |

**Moving forward**

|  |  |
| --- | --- |
| 7&8 | Rock left to side, recover onto right, cross left over right |

**Moving forward**

**RIGHT SIDE CHASSE, ROCK BACK, RECOVER, LEFT SIDE CHASSE, ROCK BACK RECOVER**

|  |  |
| --- | --- |
| 1&2 | Step right to side, step left together, step right to side |

|  |  |
| --- | --- |
| 3-4 | Rock left back, recover onto right |

|  |  |
| --- | --- |
| 5&6 | Step left to side, step right together, step left to side |

|  |  |
| --- | --- |
| 7-8 | Rock right back, recover onto left |

**ROCKS FORWARD & BACK, ½ RIGHT, RONDE ¼ RIGHT, CROSS ROCK, RECOVER LEFT SIDE CHASSE**

|  |  |
| --- | --- |
| 1-2 | Rock right forward, rock left back |

|  |  |
| --- | --- |
| 3-4 | Turn ½ right and step right forward, sweep left back to side |

|  |  |
| --- | --- |
| 5-6 | Turn ¼ right and cross/rock left over right, recover to right |

|  |  |
| --- | --- |
| 7&8 | Step left to side, step right together, step left to side |

**STEP, ½ PIVOT LEFT, WALKS FORWARD, STEP, ½ PIVOT LEFT, RIGHT KICK-BALL-STEP**

|  |  |
| --- | --- |
| 1-2 | Step right forward, turn ½ left (weight to left, 12:00) |

|  |  |
| --- | --- |
| 3-4 | Step right forward, step left forward |

|  |  |
| --- | --- |
| 5-6 | Step right forward, turn ½ left (weight to left, 6:00) |

|  |  |
| --- | --- |
| 7&8 | Kick right forward, step right together, step left forward |

**REPEAT**