Count: 32 Wall: 4 Level: Improver
Choreographer: Juliet Lam (USA) - October 2013
Music: Self Control - Soraya : (Album: Ochenta's 2006)

Intro : 48 count from the start of the track. (Approx. 26 seconds into track)

| Section 1: Walk Forward Right, Left, Forward Mambo, Back, Back, Coaster Cross |  |
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| $1-2$ | Walk forward on right, left |
| $3 \& 4$ | Rock forward on right, recover on left, step right back |
| $5-6$ | Walk back on left, right |
| $7 \& 8$ | Step back on left, step right next to left, cross left over right (12:00) |

Section 2: Touch, Hook 1/4 Right, Forward Lock Step, Kick Ball Point, Kick Ball Point
1-2 Touch right toe to right side, hook right foot across left leg while turning $1 / 4$ right (3:00)
3\&4 Step forward on right, lock left behind right, step forward on right
5\&6 Kick left forward, step left ball next to right, point right toe to right side
7\&8 Kick right forward, step right ball next to left, point left toe to left side
Section 3: Rock Forward, Recover \& Rock Forward, Recover, Back Lock Step, Back Lock Step
1-2\& $\quad$ Rock left forward, recover on right, step left next to right
3-4 Rock forward right, recover on left,
5\&6 Step right back, lock left over right, step right back (Angle body slightly to right diagonal)
7\&8 Step left back, lock right over left, step left back (Angle body slightly to left diagonal)
(Restart - Wall 7, replace count 7\&8 with "Left Coaster")
Section 4: Rock Back, Recover X 2, Step, Pivot 1/4 Left X 2
1-2 Rock back on right (push right hip back, looking over right shoulder), recover on left
3-4 Rock back on right (push right hip back, looking over right shoulder), recover on left
5-6 Step right forward, pivot $1 / 4$ left (use hips) (12:00)
7-8 Step right forward, pivot $1 / 4$ left (use hips) (9:00)

Restart - Wall 7 begins at 6:00, dance up to count 22, add "Left Coaster" and start again, facing 9:00

Start Again \& Have fun!!!

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