Self Control (自我控制) (zh)

Compte: 64 **Mur:** 4 **Niveau:** Intermediate
Chorégraphe: Maggie Gallagher (UK) - 2008年07月
Musique: Self Control - Infernal

前奏： Intro: 20 counts (13 secs) Start on the word “Night”

第一段 Walks, Side Rock, Recover, Touch, Weave Right, Unwind 1/2 Turn Left
走, 側下沉, 回復, 點, 右藤步, 左轉1/2

1,2 Walk Forward Right, Walk Forward Left [12]
右前走步, 左前走步(12點鐘)

&3,4 Rock Out To Right Side, Recover Onto Left, Touch Right Next To Left
右足右下沉, 左足回復, 右足併點

&5,6 Step Right To Right Side, Cross Left Over Right, Step Right To Right Side 右足右踏, 左足於右足前交叉踏, 右足右踏

7,8 Touch Left Toe Behind Right, Unwind 1/2 Turn Left (Ending With Weight On Left) [6] 左足趾於右足後點, 左轉180度(重心在左足)(6點鐘)

第二段 Walks, Side Rock, Recover, Touch, Weave Right, Sailor 1/4 Turn Left
走, 側下沉, 回復, 點, 右藤步, 左轉1/4水手步

1,2 Walk Forward Right, Walk Forward Left [6]
右前走步, 左前走步(6點鐘)

&3,4 Rock Out To Right Side, Recover Onto Left, Touch Right Next To Left
右足右下沉, 左足回復, 右足併點

&5,6 Step Right To Right Side, Cross Left Over Right, Step Right To Right Side 右足右踏, 左足於右足前交叉踏, 右足右踏

7&8 Cross Left Behind Right, Make 1/4 Turn Left Stepping Right Beside Left, Step Left To Left Side [3]
左足於右足後交叉踏, 左轉90度右足併踏, 左足左踏(3點鐘)

第三段 Weave Left, Low Diagonal Kick Right-Ball-Cross, [1/4 Left, 3/4 Triple Left] 左藤步, 略右斜角踢交叉交換, 左轉1/4, 小三步左轉3/4

1,2 Cross Right Over Left, Step Left To Left Side
右足於左足前交叉踏, 左足左踏

3&4 Cross Right Behind Left, Step Left To Left Side, Kick Right Forwards In A Low Kick On A Right Diagonal
右足於左足後交叉踏, 左足左踏, 右足右斜角線前略踢

&5,6 Step Right Next To Left, Cross Left Over Right, 1/4 Turn Left Stepping Back On Right [12]
右足併踏, 左足於右足前交叉踏, 左轉90度右足後踏(12點鐘)

7&8 3/4 Triple Turn Left (L,R,L) [3]
小三步左轉270度-左, 右, 左(3點鐘)
(Easy Option 6,7&8 – Step Right To Right Side, Left Sailor Step)
6,7&8簡易版-右足右踏, 左水手步

第四段 Weave Left, Right Heel Jack, Ball-Cross-Side, 1/2 Hinge Left-Chasse Left 左藤步, 右踵點, 踏-交叉-側, 左鏈轉1/2-左追步

1,2 Cross Right Over Left, Step Left To Left Side
右足於左足前交叉踏, 左足左踏

3&4 Cross Right Behind Left, Step Left To Left Side, Tap Right Heel Forward On A Right Diagonal
右足於左足後交叉踏, 左足左踏, 右足踵右斜角線前點

&5,6 Step Right Next To Left, Cross Left Over Right, Step Right To Right Side,
右足併踏, 左足於右足前交叉踏, 右足右踏

7&8 1/2 Hinge Turn Left Stepping Left To Left Side, Step Right Next To Left, Step Left To Left Side [9]
左轉180度左足左踏, 右足併踏, 左足左踏(9點鐘)

第五段 Cross Rock, Recover, Ball-Cross, Hold, Rock & Crosses
交叉下沉, 回復, 踏-交叉, 候, 下沉 & 交叉

1,2 Cross Rock Right Over Left, Recover Onto Left
右足於左足前交叉下沉, 左足回復

&3,4 Step Right Next To Left, Cross Left Over Right, HOLD
右足併踏, 左足於右足前交叉踏, 候

5&6 Rock Out To Right Side, Recover Onto Left, Cross Right Over Left (Moving Forwards) 右足右下沉, 左足回復, 右足於左足前交叉踏(向前移)

7&8 Rock Out To Left Side, Recover Onto Right, Cross Left Over Right (Moving Forwards) 左足左下沉, 右足回復, 左足於右足前交叉踏(向前移)

第六段 Right Side Chasse, Rock Back, Recover, Left Side Chasse, Rock Back, Recover 右追步, 後下沉, 回復, 左追步, 後下沉, 回復

1&2 Step Right To Right Side, Step Left Next To Right, Step Right To Right Side 右足右踏, 左足併踏, 右足右踏

3,4 Rock Back On Left, Recover Onto Right 左足後下沉, 右足回復

5&6 Step Left To Left Side, Step Right Next To Left, Step Left To Left Side
左足左踏, 右足併踏, 左足左踏

7,8 Rock Back On Right, Recover Onto Left 右足後下沉, 左足回復

第七段 Rocks Forward & Back, 1/2 Right, Ronde 1/4 Right, Cross Rock, Recover, Left Side Chasse 前 & 後下沉, 右/2, 右1/4, 交叉下沉, 回復, 左追步

1,2 Rock Forward On Right, Rock Back On Left
右足前下沉, 左足後下沉

3,4 1/2 Turn Right Stepping Forward On Right, Ronde 1/4 Turn Right Sweeping Left In Front Of Right [6]
右轉180度右足前踏, 右轉90度左足繞至右足前(6點鐘)

5,6 Cross Rock Left Over Right, Rock Back Onto Left
左足於右足前交叉下沉, 左足後下沉

7&8 Step Left To Left Side, Close Right Next To Left, Step Left To Left Side
左足左踏, 右足併踏, 左足左踏

第八段 Step, 1/2 Pivot Left, Walks Forward, Step, 1/2 Pivot Left, Right Kick-Ball-Step 踏, 左轉1/2, 前走步, 踏, 左轉1/2, 右踢交換

1,2 Step Forward On Right, 1/2 Pivot Turn Left [12]
右足前踏, 左轉180度(12點鐘)

3,4 Walk Forward Right, Walk Forward Left 右前走, 左前走

5,6 Step Forward On Right, 1/2 Pivot Turn Left [6]
右足前踏, 左轉180度(6點鐘)

7&8 Kick Forward On Right, Step Right Next To Left, Step Forward On Left
右足前踢, 右足併踏, 左足前踏