

Self Control

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Des Ho (SG) - February 2017
音乐: Self Control - Soraya : (Album: Ochenta's - amazon & iTunes)



Intro: 48 counts from start of music. (0:26 sec) 1 clear Restart on wall 7 after the 24th count

[1-8] FORWARD ROCK BALL FORWARD ROCK, 1/4 TURN L, SIDE TOGETHER LOCK STEP FORWARD [9:00]

1-2& Rock R forward; Recover onto L; Step R next to L
3-4 Rock L forward; Recover onto R
5-6 Make 1/4 turn L stepping L to left; Step R next to L [9:00]
7&8 Step L forward; Lock R behind L heel; Step L forward

[9-16] STEP, 1/2 TURN PIVOT L, TRIPLE 1/2 TURN L, BACK ROCK, KICK BALL CHANGE [9:00]

1-2 Step R forward; Make 1/2 turn L weight on L [3:00]
3&4 Make 1/4 turn left stepping R to right; Step L close to R; 1/4 turn right stepping back on R [9:00]
5-6 Rock back on L; Recover onto R
7&8 Kick L forward; Step L next to R; Step R forward

[17-24] SIDE ROCK, CROSS SHUFFLE, 1/4 TURN L, 1/4 TURN L, CROSS ROCK [3:00]

1-2 Rock L to left; Recover onto R
3&4 Cross L over right; Small step R to right, Cross L over right
5-6 Make 1/4 turn L stepping back on R; 1/4 turn L stepping L to left [3:00]
7-8 Cross Step R to right; Recover onto L □ * R [See below details on Restart]

[25-32] SIDE ROCK, BACK ROCK, R HIP BUMP, L HIP BUMP [3:00]

1-2 Rock R to right ; Recover onto L
3-4 Rock back on R; Recover onto L
5&6 Step R to diagonal right & bump hip R,L,R and change weight to R(6)
7&8 Bump hip L,R,L and change weight to L(8)

Optional Styling during Section 4 (25 - 28):

1 - 2 Do shoulder isolation during count 1 & 2 Step R to right & push right shoulder to R(1); Push left shoulder to L (2)
3 - 4 Step R back & look back over R shoulder simultaneously with attitude (3) □ Turn head looking back over R shoulder with attitude (3)

Repeat & Have Fun!

*** R - After 24 counts during the 7th rotation, make 1/4 turn R to face 12:00 & Restart**

Ending Option: During 12th rotation, after R hip bump on count 5&6 of sect 4, make 1/4 turn L & do the last L Hip Bump (7&8) facing 12:00. Then, continue with 1st 4 counts of 13th rotation as music fades away.

Contact choreographer: beaverct@gmail.com

Last Update: 8 Feb 2017