拍数： 32
壇数： 4
级数：Intermediate
编舞者：Zoe Ruston（UK）\＆John＂Grrowler＂Rowell（UK）
音乐：Self Control（W．C．／Euro－Mix）－First Love

HIPS FORWARD－BACK，RIGHT SHUFFLE，TAP－TURN－\＆，STEP，TOUCH

| $1-2$ | Small step forward on right bumping hips forward，bump hips back |
| :--- | :--- |
| $3 \& 4$ | Step forward right，（\＆）step left next to right，step forward right |
| $5-6$ | Tap left toe behind right side of right foot，step left back quarter turn right |
| $\& 7-8$ | （\＆）Step right quarter turn right，step forward left，touch right next to left |

## MODIFIED MONTEREY TURNS，HIP ROLLS

9－10 Tap right to right，hold
\＆11－12（\＆）Half turn right on ball of left stepping right next to left，tap left to left，hold
\＆13（\＆）Half turn left on ball of right stepping left next to right，tap right to right
\＆14（\＆）Half turn right on ball of left stepping right next to left，tap left to left
15－16 Roll hips to the left over two beats
Restart from here on wall 8 only
CROSS SHUFFLE，THREE QUARTER TURN，ROCK FORWARD，RECOVER，SWEEP，SWEEP
17\＆18 Cross left over front of right，（\＆）step right to right，cross left over front of right
19－20 Step right to right quarter turn left，pivot half turn left on ball of right stepping forward left
21－22 Rock forward on right，recover weight to left
23－24 Sweep right behind left taking weight，sweep left behind right taking weight

## OUT－OUT，SLIDE TOGETHER，LEFT，HALF TURN，STEP，HALF TURN，HALF TURN，STEP FORWARD <br> \＆25（\＆）Step right to right，step left to left <br> 26 Slide both feet together taking weight on right <br> 27－28 Step forward left，pivot half turn left on ball of left hitching right <br> 29－30 Step forward right，pivot half turn right on ball of right stepping back left <br> 31－32 Pivot half turn right on ball of left stepping forward right，step forward left

## REPEAT

On the 7th wall the music has changed to a steady rhythm．Continue dancing this wall as normal．On the 8th wall（3：00），restart the dance after count 16，（hip rolls，facing 3：00）by stepping left to right on an（\＆）count and then starting the dance again from count 1 as the vocals restart
Easy options for counts 13－14
SWITCHES，RIGHT \＆LEFT
\＆13 Step left next to right，tap right to right
\＆14 Step right next to left，tap left to left

