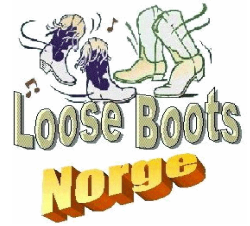


SELF CONTROL

2 WALL, 64 COUNTS – LINE DANCE



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PREPARED BY: SADIAH HEGGERNES (Tif. 33 05 87 94 Mob. 902 04 440)
LEVEL OF DIFFICULTY: INTERMEDIATE
CHOREOGRAPHED BY: MAGGIE GALLAGHER (UK) OCTOBER 2006
CHOREOGRAPHED TO: "SELF CONTROL" by Infernal (140 bpm) CD Single

(20 count intro - start on word 'night')

Section 1 Walk x 2, Side Rock, Touch, Weave Right, Touch, Unwind 1/2 Left

1 - 2 Walk forward right. Walk forward left.
& 3 - 4 Rock right out to side. Recover onto left. Touch right beside left.
& 5 - 6 Step right to right side. Cross left over right. Step right to right side.
7 - 8 Touch left toe behind right. Unwind 1/2 turn left (weight ends on left).

Section 2 Walk x 2, Side Rock, Touch, Weave Right, Sailor 1/4 Turn Left

1 - 2 Walk forward right. Walk forward left.
& 3 - 4 Rock right out to side. Recover onto left. Touch right beside left.
& 5 - 6 Step right to right side. Cross left over right. Step right to right side.
7 & Cross left behind right. Make 1/4 turn left stepping right beside left.
8 Step left to left side. (3:00)

Section 3 Weave Left, Low Diagonal Kick Ball Cross, 1/4 Left, 3/4 Triple Left

1 - 2 Cross right over left. Step left to left side.
3 & Cross right behind left. Step left to left side.
4 Kick right forward in a low kick on a right diagonal.
& 5 - 6 Step right beside left. Cross left over right. Turn 1/4 left stepping right back.
7 & 8 Triple step 3/4 turn left, stepping - left, right, left. (3:00)

Easy Option Replace 6 - 8 with Step right to side, left sailor step.

Section 4 Weave Left, Right Heel Jack, Ball Cross Side, 1/2 Hinge Left Chasse

1 - 2 Cross right over left. Step left to left side.
3 & Cross right behind left. Step left to side.
4 Tap right heel forward on a right diagonal.
& 5 - 6 Step right beside left. Cross left over right. Step right to right side.
7 & 1/2 hinge turn left stepping left to side. Step right beside left.
8 Step left to left side. (9:00)

Section 5 Cross Rock, Ball Cross, Hold, Side Rock & Cross x 2

- 1 - 2 Cross rock right over left. Recover onto left.
& 3 - 4 Step right beside left. 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).

Section 6 Chasse Right, Back Rock, Chasse Left, Back Rock

- 1 & 2 Step right to side. Close left beside right. Step right to side.
3 - 4 Rock left back. Recover onto right.
5 & 6 Step left to side. Close right beside left. Step left to side.
7 - 8 Rock right back. Recover onto left.

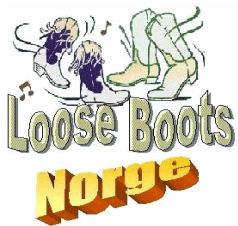
Section 7 Forward Rock, 1/2 Right, Ronde 1/4 Right, Cross Rock, Chasse Left

- 1 - 2 Rock right forward. Rock left back.
3 Make 1/2 turn right stepping right forward.
4 Ronde 1/4 turn right sweeping left in front of right. (6:00)
5 - 6 Cross rock left over right. Rock back onto right.
7 & 8 Step left to side. Close right beside left. Step left to side.

Section 8 Step, Pivot 1/2 Left, Walk x 2, Step, Pivot 1/2 Left, Kick Ball Step

- 1 - 2 Step right forward. Pivot 1/2 turn left. (12:00)
3 - 4 Walk forward right. Walk forward left.
5 - 6 Step right forward. Pivot 1/2 turn left. (6:00)
7 & 8 Kick right forward. Step right beside left. Step left forward.

**Choreographer's Note: Downloadable track available, however this has a longer intro.
32 counts - start on word 'right**



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