

SELF CONTROL

Choreographed by Maggie Gallagher (October 2006)

64 count 2 wall Intermediate level line dance with no tags or restarts.

Music : "Self Control" by Infernal on CDS (3m 15s)

Intro : 20 counts (13 secs) Start on the word "Night"

If you use the iTunes version (3m 40s) then the Intro is 32 counts (19secs)

WALKS, SIDE ROCK, RECOVER, TOUCH, WEAVE RIGHT, UNWIND 1/2 TURN LEFT

1,2	Walk forward right, Walk forward left	12
&3,4	Rock out to right side, Recover onto left, Touch right next to 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 (ending with weight on left)	6

WALKS, SIDE ROCK, RECOVER, TOUCH, WEAVE RIGHT, SAILOR 1/4 TURN LEFT

1,2	Walk forward right, Walk forward left	6
&3,4	Rock out to right side, Recover onto left, Touch right next to left	
&5,6	Step right to right side, Cross left over right, Step right to right side	
7&8	Cross left behind right, Make 1/4 turn left stepping right beside left, Step left to left side	3

WEAVE LEFT, LOW DIAGONAL KICK RIGHT-BALL-CROSS, [1/4 LEFT, 3/4 TRIPLE LEFT]

(Easy Option 6,7&8 – Step right to right side, Left sailor step)

1,2	Cross right over left, Step left to left side	
3&4	Cross right behind left, Step left to left side, Kick right forwards in a low kick on a right diagonal	
&5,6	Step right next to left, Cross left over right, 1/4 turn left stepping back on right	12
7&8	3/4 triple turn left (L,R,L)	3

WEAVE LEFT, RIGHT HEEL JACK, BALL-CROSS-SIDE, 1/2 HINGE LEFT-CHASSE LEFT

1,2	Cross right over left, Step left to left side	
3&4	Cross right behind left, Step left to left side, Tap right heel forward on a right diagonal	
&5,6	Step right next to left, Cross left over right, Step right to right side,	
7&8	1/2 hinge turn left stepping left to left side, Step right next to left, Step left to left side	9

CROSS ROCK, RECOVER, BALL-CROSS, HOLD, ROCK & CROSSES

1,2	Cross rock right over left, Recover onto left	
&3,4	Step right next to left, Cross left over right, HOLD	
5&6	Rock out to right side, Recover onto left, Cross right over left (moving forwards)	
7&8	Rock out to left side, Recover onto right, Cross left over right (moving forwards)	

RIGHT SIDE CHASSE, ROCK BACK, RECOVER, LEFT SIDE CHASSE, ROCK BACK, RECOVER

1&2	Step right to right side, Step left next to right, Step right to right side	
3,4	Rock Back on left, Recover onto right	
5&6	Step left to left side, Step right next to left, Step left to left side	
7,8	Rock back on right, Recover onto left	

ROCKS FORWARD & BACK, 1/2 RIGHT, RONDE 1/4 RIGHT, CROSS ROCK, RECOVER, LEFT SIDE CHASSE

1,2	Rock forward on right, Rock back on left	
3,4	1/2 turn right stepping forward on right, Ronde 1/4 turn right sweeping left in front of right	6
5,6	Cross rock left over right, Rock back onto left	
7&8	Step left to left side, Close right next to left, Step left to left side	

STEP, 1/2 PIVOT LEFT, WALKS FORWARD, STEP, 1/2 PIVOT LEFT, RIGHT KICK-BALL-STEP

1,2	Step forward on right, 1/2 pivot turn left	12
3,4	Walk forward right, Walk forward left	
5,6	Step forward on right, 1/2 pivot turn left	6
7&8	Kick forward on right, Step right next to left, Step forward on left	