

**My Self Control** 

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32 count, 2 wall, intermediate level Choreographer: Audrey Watson (Scotland) Nov 2006 Choreographed to: Self Control by Infernal (126 bpm)

32 Count Intro - Start on vocals

## **SECTION ONE**

# SIDE ROCK KICK, TOUCH 1/4 TURN TOUCH, KICK BALL POINT & 1/2 TURN MONTERAY

- 1&2 Rock right to right side, recover weight on left, kick right across left.
- 3&4 Touch right toe to right side, turn 1/4 left hitching right knee, touch right toe to right side.
- 5&6 Kick right foot fwd, step down on ball of right, touch left toe to left side.
- &7-8 Step left next right, point right toe to right side, turn 1/2 turn right stepping right next left.

## **SECTION TWO**

# SIDE TOUCH, CHASSE, BACK ROCK 1/4 TURN SHUFFLE.

- 1-2 Touch left toe to left side, touch left next right.
- 3&4 Step left to left side, close right next left, step left to left side.
- 5-6 Rock back on right, recover fwd on left.
- 7&8 On ball of left turn 1/4 left, shuffle back on right, left, right.

#### **SECTION THREE**

## REVERSE 1/2 TURN, KICK BALL STEP, 1/4 TURN, 1/4 TURN, KICK BALL STEP.

- 1-2 Touch left toe back, turn 1/2 turn left.
- 3&4 Kick right foot fwd, step down on ball of right foot, step fwd on left.
- 5&6 Turn 1/4 left touching right toe to right side, hitching right knee turn 1/4 left, touch right toe to r/side.
- 7&8 Kick right foot fwd, step down on ball of right, step fwd on left.

## **SECTION FOUR**

## FWD ROCK, 1/2 TURN SHUFFLE, FWD ROCK, COASTER CROSS.

- 1-2 Rock fwd on right, recover back on left.
- 3&4 Turn 1/2 right shuffle fwd on right, left, right.
- 5-6 Rock fwd on left, recover back on right.
- 7&8 Step back on left, step right next left, cross left over right.

Music download available from itunes, napster

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