



Approved by:

Maggie Gallagher

Self Control

2 WALL - 64 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 - 2 & 3 - 4 & 5 - 6 7 - 8	Walk x 2, Side Rock, Touch, Weave Right, Touch, Unwind 1/2 Left Walk forward right. Walk forward left. Rock right out to side. Recover onto left. Touch right beside left. Step right to right side. Cross left over right. Step right to right side. Touch left toe behind right. Unwind 1/2 turn left (weight ends on left).	Right Left Side Rock Touch & Cross Side Behind Unwind	Forward Right Turning left
Section 2 1 - 2 & 3 - 4 & 5 - 6 7 & 8	Walk x 2, Side Rock, Touch, Weave Right, Sailor 1/4 Turn Left Walk forward right. Walk forward left. Rock right out to side. Recover onto left. Touch right beside left. Step right to right side. Cross left over right. Step right to right side. Cross left behind right. Make 1/4 turn left stepping right beside left. Step left to left side. (3:00)	Right Left Side Rock Touch & Cross Side Behind Turn Side	Forward Right Turning left Left
Section 3 1 - 2 3 & 4 & 5 - 6 7 & 8 Easy Option	Weave Left, Low Diagonal Kick Ball Cross, 1/4 Left, 3/4 Triple Left Cross right over left. Step left to left side. Cross right behind left. Step left to left side. Kick right forward in a low kick on a right diagonal. Step right beside left. Cross left over right. Turn 1/4 left stepping right back. Triple step 3/4 turn left, stepping - left, right, left. (3:00) Replace 6 - 8 with Step right to side, left sailor step.	Cross Side Behind Side Kick & Cross Turn Triple Turn	Left On the spot Turning left
Section 4 1 - 2 3 & 4 & 5 - 6 7 & 8	Weave Left, Right Heel Jack, Ball Cross Side, 1/2 Hinge Left Chasse Cross right over left. Step left to left side. Cross right behind left. Step left to side. Tap right heel forward on a right diagonal. Step right beside left. Cross left over right. Step right to right side. 1/2 hinge turn left stepping left to side. Step right beside left. Step left to left side. (9:00)	Cross Side Behind Side Heel & Cross Side Turn & Side	Left On the spot Right Turning Left
Section 5 1 - 2 & 3 - 4 5 & 6 7 & 8	Cross Rock, Ball Cross, Hold, Side Rock & Cross x 2 Cross rock right over left. Recover onto left. Step right beside left. Cross left over right. Hold. Rock right to side. Recover onto left. Cross right over left (moving forward). Rock left to side. Recover onto right. Cross left over right (moving forward).	Cross Rock & Cross Hold Rock & Cross Rock & Cross	Left Right Left Right
Section 6 1 & 2 3 - 4 5 & 6 7 - 8	Chasse Right, Back Rock, Chasse Left, Back Rock Step right to side. Close left beside right. Step right to side. Rock left back. Recover onto right. Step left to side. Close right beside left. Step left to side. Rock right back. Recover onto left.	Side Close Side Back Rock Side Close Side Back Rock	Right Back Left Back
Section 7 1 - 2 3 4 5 - 6 7 & 8	Forward Rock, 1/2 Right, Ronde 1/4 Right, Cross Rock, Chasse Left Rock right forward. Rock left back. Make 1/2 turn right stepping right forward. Ronde 1/4 turn right sweeping left in front of right. (6:00) Cross rock left over right. Rock back onto right. Step left to side. Close right beside left. Step left to side.	Right Rock Turn Turn Cross Rock Side Close Side	Forward Turning right Right Left
Section 8 1 - 2 3 - 4 5 - 6 7 & 8	Step, Pivot 1/2 Left, Walk x 2, Step, Pivot 1/2 Left, Kick Ball Step Step right forward. Pivot 1/2 turn left. (12:00) Walk forward right. Walk forward left. Step right forward. Pivot 1/2 turn left. (6:00) Kick right forward. Step right beside left. Step left forward.	Step Pivot Right Left Step Pivot Kick Ball Step	Turning left Forward Turning left On the spot

Choreographed by: Maggie Gallagher (UK) October 2006

Choreographed to: 'Self Control' by Infernal (140 bpm) CD Single
(20 count intro - start on word 'night')

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



A video clip of this dance is available to members at www.linedancermagazine.com