

No Self Control!

32 count, 4 wall, beginner level

Choreographer: Niels Poulsen (DK) Dec 2006

Choreographed to: Self Control by Infernal, CD single
radio edit (132 bpm)

20 count intro (13 secs. into track). Start on the word 'Night'

1 - 8 Walk fw R L, Side rock R, Step fw R, Rock L fw, ½ shuffle turn L

1-2 Walk fw R, L

&3-4 rock R to R side, recover weight back to L, step forward R

5-6 Rock fw L, recover R

7&8 turn ¼ L stepping L to L side, bring R next to L, turn ¼ L stepping fw on L (facing 6:00)

9 - 16 Walk fw R L, Side rock R, Step fw R, Rock L fw, ¼ L leading into chasse L

1-2 Walk fw R, L

&3-4 rock R to R side, recover weight back to L, step forward R

5-7 Rock fw L, recover R

7&8 turn ¼ L stepping L to L side, bring R next to L, step L to L side (facing 3:00)

17-24 Weave, Cross rock step, Chassé to R side

1-2 Cross R over L, step L to L side

3-4 cross R behind L, step L to L side

5-6 cross rock R over L, recover weight back to L

7&8 step R to R side, bring L next to R, step R to R side (facing 3:00)

25-32 Cross, Kick, Cross, Kick, L Jazz box, Touch R next to L

1-2 Cross L over R, kick R to R side

3-4 cross R over L, kick L to L side

5-6 cross L over R, step back on R

7-8 step L to L side, touch R next to L (facing 3:00)

NOTE: This is a beginner floor-split to all the intermediate dances out to the same music.