

# Self Control

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**Count:** 32                      **Wall:** 4                      **Level:** Newcomer

**Choreographer:** Chatti the Valley (January 2016)

**Music:** "Self Control" de Infernal - Intro: 32 - Bpm: 128

**Alt. music: "Self Control" de Soraya - Intro: 16+32 - Bpm: 112**

**[1-8]: Right MAMBO CROSS, Left CHASSE ¼ TURN, Right MAMBO ROCK, Left COASTER STEP.**

- 1            Step right to right side
- &           Recover weight on left foot
- 2            Cross right over left
- 3            Step left to left side
- &            Step right beside left foot

**4¼ turn left, step forward on left foot (9:00)**

- 5            Step forward on right foot
- &            Recover weight on left foot
- 6            Step right back
- 7            Step left back
- &            Step right back, beside left foot
- 8            Step forward on left foot

**[9-16]: Right & Left BUMP & STEPS, Right MAMBO CROSS ¼ TURN, Left CHASSE ¼ TURN.**

- 1            Touch right toe forward, hip bump right
- 2            Down heel, step right
- 3            Touch left toe forward, hip bump left
- 4            Down heel, step left
- 5            Step forward on right

**&¼ turn left, weight on left foot (6:00)**

- 6            Cross right over left

- 7 Step left to left side  
& Step right beside left foot

**8¼ turn right, step left back (9:00)**

**[17-24]: Right COASTER STEP, Left SHUFFLE, Right & Left SKATES, Right STEP, ½ TURN & KICK.**

- 1 Step right back  
& Step left back, beside right foot  
2 Step right forward  
3 Step left forward  
& Step right forward, near left foot  
4 Step left forward  
5 Swivel to right with right foot  
6 Swivel to left with left foot  
7 Step right forward

**8½ turn left, weight on right foot, Kick left forward (3:00)**

**[25-32]: Left COASTER STEP, Right SHUFFLE, Left Side ROCK STEP, CROSS SHUFFLE.**

- 1 Step left back  
& Step right back, beside left foot  
2 Step left forward  
3 Step right forward  
& Step left forward, near right foot  
4 Step right forward  
5 Step left to left side  
6 Recover weight on right foot  
7 Cross left over right  
& Step right to right side  
8 Cross left over right

**START AGAIN**

**Contact: [nupican@hotmail.com](mailto:nupican@hotmail.com)**

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