

CONTROL MYSELF

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Count: 32

Wall: 2

Level: intermediate

Choreographer: Kash Bane

Music: Control Myself by LL Cool J Featuring Jennifer Lopez And Jermaine Dupri

Start at approx 12 seconds into track with the heavy beats after 'LL Cool J' is said, main dance starts right after intro

HIP BUMPS, FULL HIP ROLLS

1-4 Bump hips left, right, left, right

5-6 Roll hips in a full circle left

7-8 Roll hips in a full circle right

KICK FLICK JUMPS, KICK STEP JUMPS

1&2& Kick right foot forward, flick right foot back so knee is parallel to floor, jump feet shoulder width apart, jump feet together

3&4& Kick left foot forward, step left foot next to right, jump both feet shoulder width apart, jump feet together

5&6& Repeat steps 1&2&

7&8& Repeat steps 3&4&

RIGHT ROCK, COASTER WITH ATTITUDE

1-2 Rock right foot forward, recover onto left

3&4 Step right foot back, step left foot next to right, stomp forward on right foot adding attitude

STEP, HEEL SPLIT, PRESS, HITCH, 1 ¼ TURN WITH HITCH, STEP, HITCH

1&2 Step left foot next to right, split heels, close heels

3-4 Step to right and place heavy weight onto it, push off right foot and hitch right knee

5&6 Step right to right side, make a ½ turn over right shoulder stepping left to left side, on ball of left do a ¾ turn over right shoulder while hitching right knee

7-8 Step down on right foot, hitch left knee

SLIDE, HIP BUMPS WITH ¼ TURN, KICK, SIT, CHEST POPS

1-2 Take a large step to the left with left foot, slide right foot next to left

- 3-4** Bump hips right then left making a ¼ turn left
- 5-6** Kick right foot forward, squat down as if sitting on heels
- 7&8** As you rise up, pop chest out, in, out

HOP WITH HITCH, WEAVE, POINT, SNAKE LEFT, HIP ROLL WITH ¼ TURN

- 1** Hop back to left diagonal on left foot while hitching right knee
- 2&3** Step right foot behind left foot, step left foot to left side, cross right foot over left
- 4** Point left toe to left side
- 5-6** Snake to the left placing weight onto left foot and pointing right to right side
- 7-8** Roll hip round to the right making a ¼ turn right

Your right toe should be pointing forward

FLICK, STEP, FULL TURN, ¼ FLICK STEP, COASTER STEP

- 1-2** Flick left foot back while placing weight onto right foot, step forward onto left foot
- 3&4** Make a full turn forward stepping right, left, right
- 5-6** Flick left foot back while turning a ¼ turn right on ball of right foot, step left foot forward
- 7&8** Step back on right foot, step left foot next to right, step right foot forward

REPEAT