

MY SELF CONTROL

LINEDANCE.COM

Count: 32

Wall: 2

Level: intermediate

Choreographer: Audrey Watson

Music: Self Control by Infernal

SIDE ROCK KICK, TOUCH $\frac{1}{4}$ TURN TOUCH, KICK BALL POINT & $\frac{1}{2}$ TURN MONTEREY

- 1&2** Rock right to right side, recover weight on left, kick right across left
- 3&4** Touch right toe to right side, turn $\frac{1}{4}$ left hitching right knee, touch right toe to right side
- 5&6** Kick right foot forward, 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 $\frac{1}{2}$ turn right stepping right next left

SIDE TOUCH, CHASSE, BACK ROCK $\frac{1}{4}$ 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 forward on left
- 7&8** On ball of left turn $\frac{1}{4}$ left, shuffle back on right, left, right

REVERSE $\frac{1}{2}$ TURN, KICK BALL STEP, $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN, KICK BALL STEP

- 1-2** Touch left toe back, turn $\frac{1}{2}$ turn left
- 3&4** Kick right foot forward, step down on ball of right foot, step forward on left
- 5&6** Turn $\frac{1}{4}$ left touching right toe to right side, hitching right knee turn $\frac{1}{4}$ left, touch right toe to right/side
- 7&8** Kick right foot forward, step down on ball of right, step forward on left

FORWARD ROCK, $\frac{1}{2}$ TURN SHUFFLE, FORWARD ROCK, COASTER CROSS

- 1-2** Rock forward on right, recover back on left
- 3&4** Turn $\frac{1}{2}$ right shuffle forward on right, left, right
- 5-6** Rock forward on left, recover back on right
- 7&8** Step back on left, step right next left, cross left over right

REPEAT