

CONTROL YOURSELF

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Count: 64

Wall: 4

Level: intermediate

Choreographer: Colin Tremain

Music: Self Control (W.C./Euro-Mix) by First Love

40 count intro. Start on words "Oh the night"

RIGHT & LEFT TOE, HEEL SWITCHES, STEP, STEP, FORWARD SHUFFLE

1&2& Touch right toe to right, step right beside left, touch left heel forward, step left beside right

3&4& Repeat as counts 1&2&

5-6 Step forward on right, step forward on left

7&8 Forward shuffle right, left, right

STEP, ROCK, $\frac{3}{4}$ TRIPLE TURN LEFT, STEP, ROCK, COASTER,

9-10 Step forward on left, rock back onto right

11&12 $\frac{3}{4}$ triple turn to left stepping left, right, left

13&14 Step forward on right, rock back onto left

15&16 Step back on right, step back on left, step forward on right

LEFT & RIGHT TOE, HEEL SWITCHES, STEP, STEP, FORWARD SHUFFLE

17&18& Touch left toe to left, step left beside right, touch right heel forward, step right beside left

19&20& Repeat as counts 17&18&

21-22 Step forward on left, step forward on right

23&24 Forward shuffle left, right, left

STEP, ROCK, $\frac{1}{2}$ TRIPLE TURN RIGHT, STEP, ROCK, COASTER CROSS

25-26 Step forward on right, rock back on left

27&28 $\frac{1}{2}$ triple turn to right stepping right, left, right

29-30 Step forward on left, rock back onto right

31&32 Step back on left, step back on right, cross left over right

SIDE, BEHIND, STEP HEEL STEP CROSS, LEFT SIDE SHUFFLE, BACK ROCK

33-34& Step right to right, step left behind right, step right to right

- 35&36** Touch left heel to left diagonal, step left beside right, cross right over left
- 37&38** Step left to left, close right to left, step left to left
- 39-40** Rock back on right, rock forward onto left

STEP, ½ PIVOT, ½ TRIPLE TURN LEFT, COASTER, FORWARD SHUFFLE

- 41&42** Step forward on right, turn ½ turn to left onto left

43&44 ½ triple turn to left stepping right, left, right

- 45&46** Step back on left, step back on right, step forward on left
- 47&48** Forward shuffle right, left, right

HEEL BALL CROSS TWICE, SIDE, ROCK, CROSS SHUFFLE

- 49&50** Touch left heel forward, step left beside right, cross right over left
- 51&52** Repeat as counts 49&50
- 53-54** Step left to left, rock onto right in place
- 55&56** Cross left over right, step right to right, cross left over right

¼ TURN RIGHT, ¼ TURN RIGHT, SAILOR ¼ TURN RIGHT, ¼ TURN SIDE SHUFFLE, BACK ROCK

- 57-58** Step right ¼ turn right, step left ¼ turn right
- 59&60** Step right behind left, step left ¼ turn to right, step forward on right
- 61&62** Step left ¼ turn to right, close right to left, step left to left
- 63-64** Rock back on right, rock forward onto left

REPEAT

RESTART

Following the 3rd repetition, dance counts 1-48 as per script, then add an extra count by quickly stepping onto the left foot & restarting from the beginning. This section therefore becomes counts 1-48a & occurs once only, the restart taking place on the 12:00 wall.