

No Self Control!

Choreographer: Niels Poulsen (Denmark), www.love-to-dance.dk, niels@love-to-dance.dk

Date: 7th December 2006

Type of dance: 32 counts, 4 walls

Level: Beginner

Music: 'Self Control' by Infernal, 132 bpm. Single (radio edit). Buy via: www.cdon.com

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

Note: This is a beginner floor-split to all the intermediate dances to the same music

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)

Start again...