

Internal Inferno

Phrased, 2 wall, intermediate level

Choreographer: Peter Metelnick & Alison Biggs

(June 2006)

Choreographed to: Control Myself (Radio Edit) by LL Cool J Featuring Jennifer Lopez And Jermaine Dupri

Sequence: AAB AAB AAB BB (1-36)

PART A - VERSES

RIGHT FORWARD ROCK/RECOVER, RIGHT SIDE ROCK/HOP, RIGHT TOGETHER & HOLD, LEFT COASTER STEP, ¼ LEFT FEET APART, HOLD

- 1&2& Rock right forward, recover weight on left, rock right to side, recover on left hopping to the left
3-4 Step right together, hold keeping weight on right
5&6 Step left back, step right together, step left forward
&7-8 Turning ¼ left step right apart, step left apart, hold (weight remains on left)

RIGHT TOGETHER, LEFT SIDE ROCK/RECOVER, ¼ LEFT COASTER STEP, WALK FORWARD 2, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD

- &1-2 Step right together, rock left to side, recover weight on right
3&4 Turning ¼ left step left back, step right together, step left forward
5-6 Walk forward right, left
7&8 Step right forward, pivot ½ left, step right forward

LEFT & RIGHT SIDE SYNCOPATED ROCK STEPS, RIGHT FORWARD & BACK SYNCOPATED ROCK STEPS

- 1-2& Rock left to side, recover weight on right, step left together
3-4 Rock right to side, recover weight on left
5-6& Rock right forward, recover weight on left, step right together
7-8 Rock left back, recover weight on right

LEFT&RIGHT APART, HOLD, RIGHT&LEFT TOGETHER, HOLD, RIGHT&LEFT APART, RIGHT& LEFT TOGETHER, RIGHT FORWARD, ¼ LEFT PIVOT TURN

- &1-2 Step left apart, touch right apart, hold (weight on left)
&3-4 Step right in, step left together, hold
&5&6 Step right apart, step left apart, step right in, step left together
7-8 Step right forward, pivot ¼ left

PART B - CHORUS

ROCK RIGHT FORWARD/RECOVER, ¼ RIGHT & SIDE, LEFT TOGETHER, RIGHT SIDE & HOLD, LEFT BALL CROSS, RIGHT SAILOR STEP

- 1&2 Rock right forward, recover weight on left, turning ¼ right step right to side
&3-4 Step left together, step right to side, hold
&5-6 Left back, right cross step over left, step left to side
7&8 Cross right behind, step left to side, step right slightly forward

LEFT FORWARD, HOLD, RIGHT&LEFT APART, RIGHT SLIGHTLY FORWARD, LEFT FORWARD, RIGHT FORWARD ROCK/RECOVER, ½ RIGHT SHUFFLE

- 1-2 Step left forward, hold
&3&4 Step right apart, step left apart, step right slightly forward, step left forward
5-6 Rock right forward, recover weight on left
7&8 Turning ½ right step right forward, step left together, step right forward

LEFT FORWARD, HOLD, RIGHT&LEFT APART, RIGHT SLIGHTLY FORWARD, LEFT FORWARD, RIGHT FORWARD, ¼ LEFT PIVOT TURN, RIGHT CROSS SHUFFLE

- 1-2 Step left forward, hold
&3&4 Step right apart, step left apart, step right slightly forward, step left forward
5-6 Step right forward, pivot ¼ left
7&8 Cross step right over left, step left to side, cross step right over left

LEFT BALL CROSS SIDE, RIGHT SAILOR STEP, WEAVE RIGHT 2, RIGHT BALL CROSS SIDE

- &1-2 Step left to side, cross step right over left, step left to side
3&4 Cross step right behind left, step left to side, step right to side
5-6 Cross step left over right, step right to side
7&8 Cross step left behind right, step right to side, step left to side

RIGHT & LEFT SYNCOPATED CROSS ROCK STEPS, LEFT BALL CROSS, LEFT SYNCOPATED WEAVE

- 1-2& Cross rock right over left, recover weight on left, step right together
3-4 Cross rock left over right, recover weight on right
&5-6 Step left back, cross step right over left, step left to side
7&8 Cross step right behind left, step left to side, cross step right over left

LEFT/RIGHT/LEFT SIDE SWITCHES, LEFT HITCH, ½ RIGHT & LEFT BACK, RIGHT COASTER STEP, LEFT FORWARD

- 1&2& Touch left to side, step left together, touch right to side, step right together
3-4 Touch left to side, hitch left forward
5 Turning ½ right (turn on ball of right foot) step left back
6&7-8 Step right back, step left together, step right forward, step left forward
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