

## Self Control 2-Step

32 Count, 4 Wall, Beginner

Choreographer: Pat Esper

Choreographed to: My Heart Has A History by Paul Brandt (4 count tag, end of wall 2)

Music Suggestion: I Want My Goodbye Back by Ty Herndon (8 count tag, end of wall 4)

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### **S1 Basic forward, Side, Together**

- 1-2. Step forward on the left foot. Step the right foot next to the left.
- 3-4. Step forward on the left foot. Hold.
- 5-6. Step forward on the right foot. Hold
- 7-8. Step the left foot to the side. Step the right foot next to the left.

### **S2 Quarter turn step, Hold, Step, Hold, Rock, Recover, Step back, Hold**

- 9-10. Turning a quarter turn left, step forward on the left foot. Hold.
- 11-12. Step forward on the right foot. Hold.
- 13-14. Rock forward on the left foot. Recover onto the right foot.
- 15-16. Step back on the left foot. Hold.

### **S3 Coaster step, Hold, Turning jazz triangle, Hold.**

- 17-18. Step back on the right foot. Step the left foot next to the right.
- 19-20. Step forward on the right foot. Hold.
- 21. Step the left foot across the right.
- 22. Turning a quarter turn left, step back on the right foot.
- 23-24. Step the left foot to the side. Hold.

### **S4 Weave left, Quarter turn, Step, Chase turn.**

- 25-26. Step the right foot across the left. Step the left foot to the side.
- 27. Step the right foot behind the left.
- 28. Turning a quarter turn to the left, step forward on the left foot.
- 29-30. Step forward on the right foot. Pivot a half turn to the left.
- 31-32. Step forward on the right foot. Hold.

### **Dance map and tag for "My Heart Has A History"**

32-32-TAG-32 until the end of the song.

- 1-2. Touch left heel forward. Hook left heel over right shin/knee.
- 3-4. Touch left heel forward. Touch left toe back.

### **Dance map and tag for "I Want My Goodbye Back"**

32-32-32-32-TAG-32 until end of song.

- 1-2 Step forward on the left foot. Step the right foot next to the left.
- 3-4. Step forward on the left foot. Hold.
- 5-6. Step forward on the right foot. Hold.
- 7-8. Pivoting a half turn to the left, step forward on the right foot. Hold.

**Remember: Tags are optional if you don't care about staying in phrase with the song.**