

**Self Control**

32 Count, 4 Wall, Beginner  
Choreographer: Chatti The Valley (ES) Jan 2016  
Choreographed to: Self Control by Infernal

**Intro: 32 Counts****Section 1: Right Mambo Cross, Left Chasse ¼ Turn, Right Mambo Rock, Left Coaster Step.**

- 1 Step right to right side
- & Recover weight on left foot
- 2 Cross right over left
- 3 Step left to left side
- & Step right beside left foot
- 4 ¼ turn left, step forward on left foot (9:00)
- 5 Step forward on right foot
- & Recover weight on left foot
- 6 Step right back
- 7 Step left back
- & Step right back, beside left foot
- 8 Step forward on left foot

**Section 2: Right & Left Bump & Steps, Right Mambo Cross ¼ Turn, Left Chasse ¼ Turn.**

- 1 Touch right toe forward, hip bump right
- 2 Down heel, step right
- 3 Touch left toe forward, hip bump left
- 4 Down heel, step left
- 5 Step forward on right
- & ¼ turn left, weight on left foot (6:00)
- 6 Cross right over left
- 7 Step left to left side
- & Step right beside left foot
- 8 ¼ turn right, step left back (9:00)

**Section 3: Right Coaster Step, Left Shuffle, Right & Left Skates, Right Step, ½ Turn & Kick.**

- 1 Step right back
- & Step left back, beside right foot
- 2 Step right forward
- 3 Step left forward
- & Step right forward, near left foot
- 4 Step left forward
- 5 Swivel to right with right foot
- 6 Swivel to left with left foot
- 7 Step right forward
- 8 ½ turn left, weight on right foot, Kick left forward (3:00)

**Section 4: Left Coaster Step, Right Shuffle, Left Side Rock Step, Cross Shuffle.**

- 1 Step left back
- & Step right back, beside left foot
- 2 Step left forward
- 3 Step right forward
- & Step left forward, near right foot
- 4 Step right forward
- 5 Step left to left side
- 6 Recover weight on right foot
- 7 Cross left over right
- & Step right to right side
- 8 Cross left over right

**Start Again**