

SELF CONTROL

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Record: CD Laura Branigan, Self Control, 1984, 7567-80147-2, Track 2
Timing : (3 measures) 1,2&,3,4; 1&,2,3,4&; 1,2,3&,4;
the & counts combined with the next step have a “ball/change” feeling, exceptions noted
Footwork: opp., due to the new character of the dance W steps given completely in *italic* where necessary
Rhythm & Phase: Discofox, unphased (appr. V) Speed: slow for comfort
Sequence: INTRO – A – A – B – B – C – C – INTER – A – C – C – INTER(1-4) – B – B – TAG

INTRO

1 - 4 WAIT 2;; DIP BACK; REC. LADY WRAPS:

1-2 CP Fcg LOD, wait 2 measures;;

3-4 Sd & bk L lower slightly, -, hold Line, -; Rec R ld W to trn LF to WRAP POS fc LOD, -, hold, -;

ss: ss: [*W(4):Rec L trn ½ LF to WRAP POS, -, tch R, -;*]

5 - 8 UNWRAP WITH BALL CHG; CHG SIDES WITH BALL CHG; ROLL ACROSS WITH BALL CHG; ROLL 3 TO RLOD WITH BALL CHG;

5-8 Keep trl hnds jnd sd L, XRib L, sd L/plc ball of R ft bk take part wgt, rec L to OP LOD; Sd & fwd R comm RF trn twd WALL raise trl hnds, sd L twd WALL cont RF trn ld W to trn undr trl hnds, sd R comp RF trn to LOP LOD/plc ball of L ft bk take part wgt, rec R; SD L comm LF roll twd COH, cl R cont roll, sd L comp roll to OP LOD/plc ball of R ft bk take part wgt, rec L; Sd & bk R comm RF roll twd RLOD, cl L cont roll, sd R comp roll/plc ball of L ft bk take part wgt, rec R to LOP fcg ptr & WALL; [Timing each meas: 1,2,3&,4;]

[*W(5-8): Roll out RF twd WALL R, cl L, R/plc ball of L ft bk take part wgt, rec R; Sd & fwd L comm LF trn twd COH raise trl hnds, sd R twd COH cont LF trn undr trl hnd, sd L comp LF trn to LOP LOD/plc ball of R ft bk take part wgt, rec L; Roll RF across in front of M R, cl L, R/plc ball of L ft bk take part wgt, rec R; Roll LF twd RLOD L, cl R, L/plc ball of R ft bk take part wgt, rec L;*]

PART A

1 - 3 CHG PLCS R TO L & L TO R – CHG HNDS BHD BK TWICE:::

1-3 (CHG PLCS R TO L) Rk sd L, rec bk R trn ¼ LF/plc ball of L ft bk take part wgt, rec R, (CHG PLCS L TO R) rk sd L; Rec R to LOP fc WALL/plc ball of L ft bk take part wgt, rec R, (CHG HNDS BHD BK) fwd L comm LF trn, sd & bk R comp ½ LF chg hnds bhd bk to fc COH/plc ball of L ft bk take part wgt; Rec R, (CHG HNDS BHD BK) fwd L comm LF trn, sd & bk R comp ½ LF chg hnds bhd bk to fc WALL/plc ball of L ft bk take part wgt, rec R;
[*W(1-3): (CHG PLCS R TO L) Sd & fwd R comm RF trn undr jnd ld hnds, sd & bk L comp ¾ RF trn fc RLOD/plc ball of R ft bk take part wgt, rec L, (CHG PLCS L TO R) sd & fwd R comm LF trn undr jnd ld hnds; Sd & bk L comp ¾ LF trn to fc COH/plc ball of R ft bk take part wgt, rec L, (CHG HNDS BHD BK TWICE)...;*]

PART A CONT.

4 - 6 UNDRM TRN TO TAMARA – ONE HND EXIT – LADY’S LINK – R TO L EXIT;;;

4-6 (UNDRM TRN TO TAMP) Keep bth hnds jnd step fwd L comm LF trn ld hnds up, fwd & sd R comp ½ LF trn with body fcg COH lookg R at ptr thru Tamara window/plc ball of L bk with part wgt, rec R, (ONE HND EXIT) let go of trl hnds fwd L thru the window comm LF trn; SD & bk R comp LF trn to fc ptr & WALL/plc ball of L ft bk take part wgt, rec R, (LADY’S LINK) rk fwd L ldg W to his R sd, rec R/plc ball of L ft bk take part wgt; Rec R, (R TO L EXIT) in SCP fc WALL rk fwd L raise ld hnds, rec R/plc ball of L ft bk take part wgt, rec R;

[W(4-6): (UNDRM TRN TO TAMARA) Keep bth hnds jnd step sd & fwd R twd LOD comm RF trn undr ld hnds, sd L comp ½ RF trn with body fcg WALL lookg R at ptr thru Tamara window/plc ball of R bk with part wgt, rec L, (ONE HND EXIT) let go of trl hnds sd & fwd R comm RF trn; Sd & bk L comp RF trn to fc ptr & COH/plc ball of R ft bk take part wgt, rec L, (LADY’S LINK) fwd R twd Ms R sd comm RF trn, sd & bk L to SCP fc WALL/plc ball of R ft bk take part wgt; Rec L, (R TO L EXIT) fwd R raise ld hnds, fwd L trn ½ RF/plc ball of R ft bk take part wgt, rec L;]

7 - 8 MAN’S LINK & DBL PVT TO THROWAWAY;;

7-8 Fwd L comm LF trn, sd & bk R to SCP fc COH/plc ball of L ft bk take part wgt, rec R, fwd L arnd W to CP fc WALL; Fwd R btwn ptrs feet with appr 3/8 RF pvt action fc DRC, rec L with appr ¼ RF pvt action fc DLC, fwd R btwn ptrs feet with appr 3/8 pvt action fc WALL let go of ptr with slight push in order to achieve dbl hndhld at the end of figure/plc ball of L ft bk take part wgt, rec R; [Timing (7-8): 1,2&,3,4; 1,2,3&,4;]

[W(7-8): Rk fwd R, rec L/plc ball of R ft bk take part wgt, rec L, fwd R btwn ptrs feet; Arnd L RF pvt action fc DLW, rec R cont RF pvt, arnd L cont RF pvt/plc ball of R ft bk take part wgt, rec L;]

PART B

1 - 3 UNDRM TRN TO TAMARA – BK-TO-BK SWEETHEARTS – DBL HND EXIT;;;

1-3 (UNDRM TRN TO TAMP) Keep bth hnds jnd step fwd L comm LF trn ld hnds up, fwd & sd R comp ½ LF trn with body fcg COH lookg R at ptr thru Tamara window/plc ball of L bk with part wgt, rec R, (BK-TO-BK SWHRTS) keep bth hnds jnd fwd L thru window twd DLC bring ld hnds down; Sd R look L at ptr/plc ball of L ft bk take part wgt, rec R, sd L, bk R twd DRW bring trl hnds up to Ms Tamara/plc ball of L ft bk take part wgt; Rec R, (DBL HND EXIT) Keep bth hnds jnd bring trl hnds over hd fwd L comm LF trn, sd & bk R comp LF trn to fc ptr & WALL/plc ball of L ft bk take part wgt, rec R;

[W(1-3): (UNDRM TRN TO TAMARA) Keep bth hnds jnd step sd & fwd R twd LOD comm RF trn undr ld hnds, sd L comp ½ RF trn with body fcg WALL lookg R at ptr thru Tamara window/plc ball of R bk with part wgt, rec L, (BK-TO-BK SWEETHEARTS) keep bth hnds jnd fwd R & sd twd DRW; XLib R/plc ball of R ft bk take part wgt, rec L, fwd R & sd twd DLW, sd & bk L bring trl hnds up to M’s Tamara/plc ball of R ft bk take part wgt; Rec L, (DBL HND EXIT) keep bth hnds jnd bring trl hnds over ptrs hd sd & fwd R comm RF trn, sd L comp RF trn to fc ptr & COH/plc ball of R ft bk take part wgt, rec L;]

4 - 6 LADY’S LINK – OPENING OUT TWICE – R TO L EXIT;;;

4-6 (LADY’S LINK) Rk fwd L ld W to his R sd, rec R to momentary SCP fc WALL/plc ball of L ft bk take part wgt rel ld hnds to ½ OP fc WALL, rec R, (OPENING OUT TWICE) fwd L trn RF twd ptr; Bk R to L ½ OP fc COH/plc ball of L ft bk take part wgt, rec R, fwd L trn LF twd ptr, bk R to ½ OP fc WALL/plc ball of L ft bk take part wgt; Rec R jn ld hnds, (R TO L EXIT) rk fwd L raise ld hnds, rec R/plc ball of L ft bk take part wgt, rec R;

[W(4-6): (LADY’S LINK) Fwd R twd Ms R sd comm RF trn, sd & bk L to momentary SCP fc WALL/plc ball of R ft bk take part wgt rel ld hnds to ½ OP fc WALL, rec L, (OPENING OUT TWICE) fwd R trn LF twd ptr; Bk L to L ½ OP fc COH/plc ball of R ft bk take part wgt, rec L, fwd R trn RF twd ptr, bk L to ½ OP fc WALL/plc ball of R ft bk take part wgt; rec L jn ld hnds, (R TO L EXIT) fwd R comm RF trn undr jnd ld hnds, sd & bk L/plc ball of R ft bk take part wgt, rec L;]

PART B CONT.

7 - 8 MAN' S LINK & SLINGSHOT R TO L EXIT::

- 7-8 Fwd L comm LF trn, sd & bk R to SCP fc COH/plc ball of L ft bk take part wgt, rec R, rk fwd L with Lunge action; Rec R, cl L raise ld hnd, sml sd & bk R/plc ball of L ft bk take part wgt, rec R to LOP fc ptr & COH;
[Timing (7-8): 1,2&,3,4; 1,2,3&,4;]
[W(7-8): Rk fwd R, rec L/plc ball of R ft bk take part wgt, rec L, rk bk R; Rec L, fwd R comm RF trn undr jnd ld hnds, sd & bk L/plc ball of R ft bk take part wgt, rec L;]

Notes: 2nd & 4th time thru PART B all directions given change to the opposite

PART C

1 - 3 BASIC – HE GOES RIGHT TO R HNDSHK – OPEN TURKISH TOWEL TWICE:::

- 1-3 (BASIC) Rk fwd L, rec R/plc ball of L bk with part wgt, rec R, (HE TURNS RIGHT TO R HNDSHK) fwd L comm RF trn undr jnd ld hnds; Bk R twd WALL to fc ptr & COH chg to R hndshk/plc ball of L bk with part wgt, rec R, (OPEN TURKISH TOWEL) fwd L twd COH ldg W to chng sds in bhd, sd & bk R twd COH chg hnds in bhd to L hndshk fc ptr & WALL/plc ball of L bk with part wgt; Rec R, (OPEN TURKISH TOWEL) fwd L twd WALL ldg W to chng sds in bhd comm RF trn, bk R twd WALL chg hnds in bhd to R hndshk fc ptr & COH/plc ball of L bk with part wgt, rec R;
[W(1-3): (BASIC) Rk fwd R, rec L/plc ball of R bk with part wgt, rec L, (HE GOES RIGHT TO R HNDSHK) fwd R trn ½ LF chng sds in bhd; Bk L twd COH to fc ptr & WALL/plc ball of R bk with part wgt, rec L, (OPEN TURKISH TOWEL) fwd R comm RF chng sds in bhd, sd & bk L comp ½ RF trn to L hndshk fc ptr & COH/plc ball of R bk with part wgt; Rec L, (OPEN TURKISH TOWEL) fwd R trn ½ LF chng sds in bhd, bk L twd COH to R hndshk fc ptr & Wall/plc ball of R bk with part wgt, rec L;]

4 - 6 OPEN TURKISH TOWEL – LADY FWD TO SHADOW – FWD BREAK – R TO L EXIT:::

- 4-6 (OPEN TURKISH TOWEL) Fwd L twd COH ldg W to chng sds in bhd, sd & bk R twd COH chg hnds to L hndshk to fc ptr & WALL/plc ball of L bk with part wgt, rec R, (LADY FWD TO SHADOW) sd & fwd L twd DLW ldg W in front; Fwd R twd RLOD trng slightly RF to shdw pos fcg RLOD/plc ball of L bk with part wgt, rec R, (FWD BREAK) rk fwd L, rec R/plc ball of L bk with part wgt; Rec R, (R TO L EXIT) rk sd L ldg W to trn RF undr jnd L hnds, rec R trn ¼ LF chng hnds to OP fcg WALL/plc ball of L bk with part wgt, rec R;
[W(4-6): (OPEN TURKISH TOWEL) Fwd R comm RF chng sds in bhd, sd & bk L comp ½ RF trn to L hndshk fc ptr & COH/plc ball of R bk with part wgt, rec L, (LADY FWD TO SHADOW) fwd R twd DRC passing in front of M trn ¼ LF; Xlib of R to shdw pos RLOD/plc ball of R sd & bk with part wgt, rec L, (FWD BREAK) rk bk R, rec L/plc ball of R fwd with part wgt; Cl L, (R TO L EXIT) fwd R comm RF trn undr jnd ld hnds, sd & bk L/plc ball of R ft bk take part wgt, rec L;]

7 - 8 LADY' S LINK– R TO L EXIT WITH DBL TWIRL::

- 7-8 (LADY' S LNK) Rk fwd L ld W to his R sd, rec R to SCP/plc ball of L ft bk take part wgt, rec R, (R TO L EXIT WITH DBL TWIRL) in SCP fc WALL fwd L raise ld hnds; Cl R, rk fwd L, rec R/plc ball of L ft bk take part wgt, rec R; [Timing (7-8): 1,2&,3,4; 1,2,3&,4;]
[W(7-8): (LADY' S LINK) Fwd R twd Ms R sd comm RF trn, sd & bk L to SCP fc WALL/plc ball of R ft bk take part wgt, rec L, (R TO L EXIT WITH DBL TWIRL) fwd R raise ld hnd; Fwd L trn ¾ RF, sd & fwd R twd Wall trn ¾ RF to fc COH, bk L/plc ball of R ft bk take part wgt, rec L;]

INTER

1-4 SYNC CHG PLCS R TO L; SYNC CHG PLCS L TO R; SYNC LADY´S LINK; SYNC R TO L EXIT:

1-4 Rk sd L, rec bk R trn ¼ LF, **hold pos**/plc ball of L ft bk take part wgt, rec R; Rk sd L, rec R to LOP fc Wall, **hold pos**/plc ball of L ft bk take part wgt, rec R; Rk fwd L ld W to his R sd, rec R to SCP fc WALL, **hold pos**/plc ball of L ft bk take part wgt, rec R; Rk fwd L raise ld hnds, rec R, **hold pos**/plc ball of L ft bk take part wgt, rec R to R hndshk fc ptr & WALL; 2nd time thru end LOP fc PTR WALL [Timing each meas: 1,2,3&4;]

Remarks: Each Figure takes 4 beats (1 full meas). The 2nd beat requires a strong step according to the music. The 3rd beat is a hold.

5-6 Shadow Breaks 4 Times::

5-6 From R hndshk sd L trn ¼ RF/ plc ball of R ft bk take part wgt, rec L, sd & fwd R trn ½ LF/plc ball of L ft bk take part wgt, rec R; Sd & fwd L trn ½ RF/ plc ball of R ft bk take part wgt, rec L, sd & fwd R trn ½ LF/plc ball of L ft bk take part wgt, rec R to fc ptr & Wall chg hndhld to LOP; [Timing (5-6): 1&2,3&4; 1&2,3&4;]

TAG

1 Stp Apt & PT

1 Chg hnds to OP fcg step apt L, -, pt R twd ptr,-;

s.s:

Suggested Head Cues

SELF CONTROL

Record: CD Laura Branigan, Self Control, 1984, 7567-80147-2, Track 2
Choreographer: Schmidt
Rhythm/Phase: DF, approx V
Speed: 45 slow for comfort

Sequence: INTRO A A B B C C INTER A C C INTER* B B TAG

INTRO (CP Fcg LOD, Lead feet free) Wait 2;; Dip Back; Rec, Lady Wraps;
Unwrap With Ball Change; Change Sides With Ball Change;
Roll Across with Ball Change; Roll 3 to RLOD with Ball Change;

PART A Change of Places Twice – Change Hands Bhd Back Twice;;;
Undrm Trn to Tamara – One Hand Exit to FC – Lady´s Link – R to L Exit;;;
Man`s Link & Dbl Pivot to Throwaway;;

PART B Undrm Trn to TAMP with SWHRTs – Dbl Hnd Exit to Fc;;;
Lady´s Link – Opening Out Twice – R to L Exit;;; Man´s Link & Slingshot R to L Exit;;

PART C Basic – He Goes Right to R HND SHK – Open Turkish Towel;;;
Three Times – Lady Fwd to Shadow – Fwd Break – R to L Exit;;;
Lady´s Link – R to L Exit with Dbl Twirl;;

INTER Sync Change Places Twice;; Sync Lady´s Link; Sync R to L Exit;* 1. to R HNSHK
Shadow Breaks 4 Times;;

TAG Apart & Point;