

City Light

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Juliet Lam (USA) Oct 2013

Music: "Self Control" by Soraya Arnelas, Album: "Ochenta's 2006" [117 bpm]

Intro : 48 count from the start of the track. (Approx. 26 seconds into track)

Section 1: Walk Forward Right, Left, Forward Mambo, Back, Back, Coaster Cross

- 1-2 Walk forward on right, left
- 3&4 Rock forward on right, recover on left, step right back
- 5-6 Walk back on left, right
- 7&8 Step back on left, step right next to left, cross left over right (12:00)

Section 2: Touch, Hook 1/4 Right, Forward Lock Step, Kick Ball Point, Kick Ball Point

- 1-2 Touch right toe to right side, hook right foot across left leg while turning ¼ right (3:00)
- 3&4 Step forward on right, lock left behind right, step forward on right
- 5&6 Kick left forward, step left ball next to right, point right toe to right side
- 7&8 Kick right forward, step right ball next to left, point left toe to left side

Section 3: Rock Forward, Recover & Rock Forward, Recover, Back Lock Step, Back Lock Step

- 1-2& Rock left forward, recover on right, step left next to right
- 3-4 Rock forward right, recover on left,
Step right back, lock left over right, step right back (Angle body slightly to right diagonal)
- 5&6 Step left back, lock right over left, step left back (Angle body slightly to left diagonal)
- 7&8 Step left back, lock right over left, step left back (Angle body slightly to left diagonal)

(Restart – Wall 7, replace count 7&8 with “Left Coaster”)

Section 4: Rock Back, Recover X 2, Step, Pivot 1/4 Left X 2

- 1-2 Rock back on right (push right hip back, looking over right shoulder), recover on left
- 3-4 Rock back on right (push right hip back, looking over right shoulder), recover on left
- 5-6 Step right forward, pivot ¼ left (use hips) (12:00)
- 7-8 Step right forward, pivot ¼ left (use hips) (9:00)

Restart – Wall 7 begins at 6:00, dance up to count 22, add “Left Coaster” and start again, facing 9:00

Start Again & Have fun!!!

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