

You Take My Self Control

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Georgie Mygrant (USA) - January 2025

Music: Self Control - Laura Branigan



Intro: 16 counts. 1 restart at end of wall 7 after 24 counts.

Modified Box Step Fwd./Back

1-4	Step R to R side, Step L to R, Step R fwd. Touch L to R
5-8	Step L to L side, Step R to L, Step L fwd. Touch R to L
1-4	Step R to R side. Step L to R, Step R back, Touch L to R
5-8	Step L to L side, Step R to L, Step L back, Touch R to L

Vine R, Turning $\frac{1}{4}$ to L, Cross Point fwd.

1-4	Step R to R side, L behind R, Step on R turning $\frac{1}{4}$ L
5-8	Step R fwd. Touch L to L side, Step L fwd. Touch R to R side

Step Kick L/R

1-4	Step R fwd. Kick L fwd. Step back on L, Step on R
5-8	Step L fwd. Kick R fwd. Step back on R, Step on L

That's it! Just one restart at end of wall 7 after 24 counts.

All I ask is that you do not alter routine without my permission.

Thank you. If you need to contact me,

go to mygeo@adamswells.com or mygrantg@gmail.com