

# I Can't Help Myself

**COPPER KNOB**  
STEPPERS

Count: 32

Wand: 2

Ebene: Beginner / Contra

Choreograf/in: Kelly Kaylin (CAN) - November 2021

Musik: I Can't Help Myself (Sugar Pie, Honey Bunch) - Four Tops



No tags or restarts

Dance starts after 24 beats

## WALK FORWARD, WALK BACK

1-4 Walk forward right, left, right, kick left

5-8 Walk back left, right, left, touch right toe back

## STEP FORWARD SLIDE HITCH x2

9-12 Step forward on right, slide left beside right step forward right, hitch left

13-16 Step forward on left, slide right beside left, step forward on left, hitch right

## JAZZ BOX ¼ TURN RIGHT x 2

17-18 Step down on right crossing right over left, step back on left,

19-20 Step side right making 1/4 turn right, step left beside right

21-22 Cross right over left, step back on left

23-24 Step side right making 1/4 turn right, step left beside right

## STEP SIDE SLIDE HITCH x2

25-28 Step right side, slide left beside right, step right side, hitch left

29-32 Step left side, slide right beside left, step left side, hitch right

Weight ends on left ready to start the dance

REPEAT

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