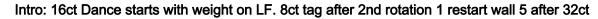
# Can't Help Myself

**Count:** 48

Ebene: Intermediate

Choreograf/in: Stephen Pistoia (USA) & Laura Pistoia (USA) - February 2022

Musik: Can't Help Myself - Dean Brody & The Reklaws : (iTunes)



## (1-8) OUT OUT IN IN AND HEEL AND TOUCH, ¾ PADDLE TURN LT

- &1&2&3&4 Step RF out to RT &, step LF out to LT 1. step RF in & step LF in next to RF 2. step RF next to LF & point LF heel forward 3, step LF next to RF on & touch RF next to LF 4 prepping for paddle turn.
- 5,6,7,8 point RF out to RT 5 making turn LT pivot on ball of LF keeping LF stationary. Repeat 6,7,8 until facing 3:00 W

### (9-16) CROSS SIDE SAILOR LEFT, CROSS SIDE SAILOR RT MAKING ¼ TURN LEFT.

- 1-2 cross RF over LF on 1, step LF out to LT on 2.
- 3&4 swing RF behind step LF next to RF on & step RF out to RT on 4
- 5-6 cross LF over RF on 5 step RF out to RT on 6
- 7&8 swing LF behind RF making a 1/4 turn LT 7 step RF next to LF & step LF forward 8. 12:00 W

## (17-24) STEP LOCK STEP STEP LOCK STEP ROCK RECOVER FULL TURN

- 1&2 step RF forward 1 step LF up behind RF on & step RF forward 2.
- 3&4 step LF forward 3 step RF up behind LF on & step LF forward 4.
- 5-6 rock RF forward 5 recover weight on LF 6.
- 7-8 step RF behind LF over RT shoulder 7. swing LF around RF 360\* pivoting on balls of RF taking weight on LF next to RF 8 (full turn on 2cts). 12:00 W

#### (25-32) HEEL SWITCHES HEEL HOOK HEEL SWITCHES HEEL HOOK STEP

- 1&2&3&4& RT heel forward 1 RF to center & LT heel forward 2 LF to center & RT heel forward 3 RF hook & RT heel forward 4 RF to center.
- 5&6&7&8 LT heel forward 5 LF center & RT heel forward 6 RF to center & LT heel forward 7 LF hook & step LF next to RF 8. 12:00 W

## (RESTART HAPPENS HERE ON WALL 5)

## (33-40) CROSS ROCK SHUFFLE RT CROSS ROCK ¼ TURN SHUFFLE LT

- 1-2 cross RF over LF 1 recover on LF 2.
- 3&4 step RF out to RT 3 step LF next to RF & step RF out to RT 4.
- 5-6 cross LF over RF 5 recover RF 6.
- 7&8 step LF out to LT making ¼ turn LT 7 step RF next to LF & Step LF forward 8. 9:00 W

#### (41-48) SHUFFLE 1/2 TURN SHUFFLE 1/2 TURN ROCK RECOVER WALK BACK BACK

- 1&2 step RF forward making ½ turn 1 step LF next to RF & step RF back 2
- 3&4 step LF back making ½ turn 3 step RF next to LF & step LF forward 4
- 5-6 rock RF forward 5 recover on LF 6
- 7-8 step RF back 7 step LF back 8 9:00 wall. End of dance! Have fun everyone, fun fun song!

#### TAG: 8ct Tag happens after 2nd rotation on 6:00 wall,

- 1-2 bump hips RT.
- 3-4 hips LT.
- 5-6 pivot ½ turn LT.
- 7-8 pivot <sup>1</sup>/<sub>2</sub> turn LT taking weight on LF.

#### Any questions contacts @ pistoias@ymail.com have fun enjoy!!!!



Wand: 4