

Can't Help It

Count: 48

Wand: 4

Ebene: Beginner west coast swing

Choreograf/in: Yvonne Johnson & Scott Turpin (USA)

Musik: Can't Help It - Scooter Lee



KICK, KICK, ¼ TURN RIGHT, TRIPLE STEP, KICK, KICK, ¼ TURN LEFT, TRIPLE STEP

- 1-2 Kick right foot out, kick right foot out with ¼ turn right
- 3&4 Triple step - right, left, right
- 5-6 Kick left foot out, kick left foot out with ¼ turn left
- 7&8 Triple step - left, right, left

STEP RIGHT/SHIMMY, STEP LEFT NEXT TO RIGHT/SHIMMY/CLAP, STEP LEFT/SHIMMY, STEP RIGHT NEXT TO LEFT/SHIMMY/CLAP HANDS

- 1-2 Step right foot right with shimmies
- 3-4 Step left foot next to right and touch, with shimmies/clap hands
- 5-6 Step left foot to left with shimmies
- 7-8 Step right foot next to left and touch, with shimmies/clap hands

STEP FORWARD, TOUCH, ROCK BACK/FORWARD, TOUCH, PIVOT TURNS

- 1 Step right forward
- 2 Step left next to right, touch left toe
- &3-4 Step left back shifting weight left/right, step left next to right touching toe
- 5-6 Step left forward shifting weight to left, pivot turn right shifting weight to right foot
- 7-8 Step left forward shifting weight to left, pivot turn right shifting weight to right

STEP LEFT/SHIMMY, STEP RIGHT NEXT TO LEFT/SHIMMY/CLAP, STEP RIGHT/SHIMMY, STEP LEFT NEXT TO RIGHT/SHIMMY/CLAP HANDS

- 1-2 Step left foot left with shimmies
- 3-4 Step right foot next to left and touch with shimmies/clap hands
- 5-6 Step right foot right/shimmies
- 7-8 Step left foot next to right and shift weight to left foot, with shimmies/clap hands

JAZZ SQUARES WITH ¼ TURN RIGHT

- 1-2 Step left forward cross right foot over left and shift weight to right foot
- 3-4 Step back on left foot, turn ¼ turn right stepping right foot forward, step left next to right
- 5-6 Step left forward cross right foot over left and shift weight to right foot
- 7-8 Step back on left foot, bring right foot next to left, shift weight to left

CAMELS

- 1-2 Step right foot forward, slide left foot behind right and shift weight to left foot
- 3-4 Step right foot forward, step left foot next to right and touch left toe
- 5-6 Step left foot forward, slide right foot behind left and shift weight to right foot
- 7-8 Step left foot forward, step right foot next to left and touch toe

REPEAT