

# Can't Help Myself

Count: 32

Wall: 4

Level: Improver

Choreographer: Laurent Chalon (BEL) - February 2019

Music: Can't Help Myself - Dan Davidson



Intro : 16 counts

## Section 1: Cross, Behind, Chassé R, Rocking Chair, Step Lock Step

- 1 RF, Cross over LF
- 2 LF, Behind RF
- 3&4 RF, Chassé right
- 5 LF, Rock Forward
- & RF, Recover
- 6 LF, Rock back
- & RF, recover
- 7&8 LF, Step Lock Step

## Section 2: Step Fwd, Tap Toe Back, Step Back, Kick, ¼ turn R Side step, Touch, Side Step, Coaster Step, Pivot ½ turn L, LF Together, Step Fwd

- 1 RF, Step Forward
- & LF, Tap Toe behind RF
- 2 LF, Step Back
- & RF, Kick
- 3 RF, ¼ turn Right, Side step to the right (3h)
- & LF, Touch next to RF
- 4 LF, Side Step to the left
- 5&6 RF, Coaster Step
- 7 RF+LF, Pivot ½ turn to the left (9h)
- & RF, Next to LF
- 8 LF, Step Forward\*

\*Restart wall 3 (3h)

\*Option counts &8

\*& RF, ½ turn to the left, Step back (3h)

\*8 LF, ½ turn to the left, Step Forward (9h)

## Section 3: Step Fwd, Tap Toe Back, Step Back, Kick, Behind Side Cross, Side Step, Touch, Side Point, Touch, Point fwd, Touch, Side Point

- 1 RF, Step forward
- & LF, Tap Toe Behind RF
- 2 LF, Step Back
- & RF, Kick
- 3&4 RF, Behind Side Cross
- 5 LF, Side Step to the left
- & RF, Touch next to LF
- 6 RF, Side Point to the right
- & RF, Touch next to LF
- 7 RF, Point Forward
- & RF, Touch next to LF
- 8 RF, Side Point to the Right\*\*

\*\*Restart wall 4 (12h)

## Section 4: Coaster Step, LF Together, Step fwd, Step Fwd, Mambo Fwd, Step Back, Step Back, LF Together

1&2 RF, Coaster Step  
& LF, Next to RF  
3 RF, Step Forward  
4 LF, Step Forward  
5 RF, Mambo Forward  
& LF, Recover  
6 RF, Step Back  
7 LF, Step Back  
8 RF, Step Back  
& LF, Next to RF

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