

Can't Help Myself

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Manuela D'Amato (IT) - March 2020

Music: Can't Help Myself - Dean Brody & The Reklaws



Start dancing on lyrics

MAMBO STEP 1/4 RIGHT, CROSS SHUFFLE, TOE STRUT, KICK BALL CROSS

1&2 right step forward, recover to left, turn 1/4 right, step right next to left
3&4 left cross shuffle over right
5-6 right toe strut next to left
7&8 left kick, step left next to right, cross right over left

TOE STRUT 1/4 LEFT, ROCK STEP, KICK 1/4 RIGHT TWICE, STOMP, STOMP UP

1-2 left toe strut turn 1/4 left
3-4 right rock step forward
5-6 right kick turn 1/4 right twice
7-8 right stomp next to left, left stomp up

STEP, CROSS, SHUFFLE 1/4 LEFT, STEP TURN 1/2 LEFT, SHUFFLE

1-2 step to left, cross right behind left
3&4 right shuffle turn 1/4 left
5-6 step right forward, turn 1/2 left
7&8 right shuffle forward

ROCK, COASTER STEP, ROCK, SAILOR STEP 1/4 RIGHT

1-2 rock left forward
3&4 left coaster step
5-6 rock right forward
7&8 right sailor step turn 1/4 right

STEP, STOMP, KICK, OUT, OUT, ROCKING CHAIR

1-2 left step forward, stomp right next to left
3&4 kick left forward, left out, right out
5-6-7-8 left rocking chair

STEP TURN 1/4 RIGHT, HEEL, HEEL, STEP TURN 1/2 LEFT, STOMP, STOMP

1-2 step left forward, 1/4 turn right
3&4 left heel forward, left step next to right, right heel forward
5-6 step right forward 1/2 turn left
7-8 stomp right next to left, stomp left next to right

REPEAT

TAG

1-2 right step forward, left stomp next to right
3-4 right stomp next to left, left stomp next to right
5-6 right step back, left stomp next to right
7-8 right stomp next to left, left stomp next to right

Ending 2° wall (at 6:00)

RESTART: 5° wall after 32 count with modified 31-32: stomp right, stomp left (9:00)

Last Update – 8 March 2020
