

Can't Help Myself

Count: 48

Wall: 4

Level: Improver

Choreographer: Wendy McLean (CAN) - June 2020

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



Intro: 16 counts, start on vocals

Shuffle R, Shuffle L, Rock, Recover, Side, Touch

1&2 Shuffle forward diagonally right, Right, Together Left, Right
3&4 Shuffle forward diagonally left, Left, Together Right, Left
5 6 Rock Forward Right, Recover Left
7 8 Step side right, Touch Left

Shuffle L, Shuffle R, Rock, Recover, ½, Touch

1&2 Shuffle diagonally forward left, Left, Together Right, Left
3&4 Shuffle diagonally forward right, Right, Together Left, Right
5 6 Rock Forward Left, Recover Right
7 8 Turn ½ left stepping on Left, Tough Right Together

Side, Behind, Back, Heel, Back, Cross, Side, Behind, Back, Heel, Back, Cross

1 2& Step right side, Step left behind, Step back on right
3&4 Left heel forward, Step back on left, Step across with right
5 6& Step left side, Step right behind, Step back ¼ right on left
7&8 Right heel forward, Step back on right, Step across with left

Shuffle Forward, Rock, Recover, Coaster Step, Step Pivot ½

1&2 Shuffle forward, Right, Together Left, Right
3 4 Rock forward on left, Recover to right
5&6 Step back left, Step right together, Step forward left
7 8 Step forward on right, Pivot ½ onto left foot

Heel & Heel & Heel Hook Heel, Heel & Heel & Heel Hook Heel

1&2& Right heel forward, Step back onto right, Left heel forward, Step back onto left
3&4& Right heel forward, Hook right heel across left shin, Right heel forward, Step back onto right
5&6& Left heel forward, Step back onto left, Right heel forward, Step back onto right
7&8& Left heel forward, Hook left heel across right shin, Left heel forward, Step back onto left

Shuffle Forward, Rock, Recover, Shuffle ½, Pivot ½

1&2 Shuffle forward right, Right forward, Left together, Right forward
3 4 Rock forward on left, Recover to right
5&6 Shuffle ½ turn left, Step ¼ left with left, Right together, Step ¼ turn left with left
7 8 Step forward on right, Pivot ½ turn left onto left

Tag (8 counts after wall 2 facing 6:00)

Out, Out, Clap, In, In, Clap, Out, Out, In, In

&1 2 Out right, Out left, Clap
&3 4 In Right, In Left, Clap
&5&6 Out right, Out left, In right, In left
&7&8 Out right, Out left, In right, In left

Restart wall 5 after 32 counts

