

# Can't Help Myself

**COPPER** KNOB  
STEPSHEETS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: S.E.A of love (KOR) & BaeJungHo (KOR) - August 2020

Music: Can't Help Myself (feat. Loco) - Eric Nam



Intro: 16 counts

\*Tag : The End of Wall 2, Hold count 4 (12:00)

\*RESTART: During Wall 5, dance up to & including count 32, then restart facing (12.00)

**S1: Forward Kick, Together Step,(Twice) Monterey 1/4R, Heel Switch, Monterey 1/4L(12:00)**

1&2& kick R fwd,step R next to L,kick L fwd, step L next to R  
3-4 R Side Point , 1/4R Turn R step (9:00)  
5&6& L fwd Heel , step L next to R, R fwd Heel ,step R next to L,  
7-8 L Side Point ,1/4L Turn L step (12:00)

**S2: Diagonal Step, Behind Step at the same time Hitch, Triple (Right Side,Left Side)**

1-2 Step R Diagonal fwd, Step L Behind Step at the same time R Hitch,  
3&4 Step R fwd, L Bside R, step R fwd  
5-6 Step L Diagonal fwd, Step R Behind Step at the same time L Hitch,  
7&8 Step L fwd, R Bside L, step L fwd

**S3: Jazz Box Cross,Chassee,Back Rock,Recover**

1-2-3-4 Step R Cross, Step L Back, Step R Side, Step L Cross  
5&6 Step R to R Side, L next to R, step R to Side,  
7-8 Step L Back Rock, Step R Recover

**S4: Side, Hold, Behind, Side,Cross,Side with CW Hip,Inplace Touch, Hipbump Twice**

1-2 Step L to Side, Hold  
&3-4 Step R behind L,Step L Side, Step R Cross  
5-6 Step L Side with CW Hip Rolling, Rf Inplace Touch  
7-8 On the touched Rf Double Hipbump

\*RESTART: Wall 5 (12.00)

**S5: Side Rock with CCW Hip Rolling, 1/4L Turn Hook, Forward Shuffle, Forward Rock.Recover,Back Shuffle**

1-2 Step R to R side with CCW Hip rolling, Lf 1/4L Hook,(9:00)  
3&4 Step L Forward, Step R next to L,Step L Forward  
5-6 Step R Forward Rock, Step L recover,  
7&8 Step R back, Step L next to R, Step R back

**S6: Back Out,Out, Hold,Back Out,Out, Hold,Apple Jack**

&1-2 Step L Back Out, Step R Back Out,Hold  
&3-4 Step L Back Out, Step R Back Out,Hold

**On ball of L and heel of R swivel L heel L and R toes R, return to centre**

5& Lf Heel to the R at the same time Rf Toe R , return to centre  
6& Rf Heel to the L at the same time Lf Toe L , return to centre  
7& Lf Heel to the R at the same time Rf Toe R , return to centre  
8 Rf Heel to the L at the same time Lf Toe L

**-Easy Option: 5-8 Twist heels swivel R, L, R, L (weight on L)**

**S7: , Step R In place Body Roll, 1/4 L Turn Fwd Body Roll,Cross, Unwind Full Turn**

1-2 Step R In place Body Roll  
3-4 1/4 L Turn Forward Step Body Roll (6:00)

5-8 Step R across L, Unwind Full Turn L(Weight on L)

**S8: Side Stomp, Stomp, Sailor, Behind, Side, Cross, Side, Cross, Touch**

1-2 Rf Side Stomp, Stomp

3&4 Step R Across Behind L, Step L Side, Step R Side

5&6& Step L Across Behind R, Step R Side, Step R Across, Step L Side

7-8 Step R Across L, Touch L toes to Beside R

**Enjoy The Dance**

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