

# I Can't Help Myself

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wall:** 2

**Level:** Beginner / Contra

**Choreographer:** Kelly Kaylin (CAN) - November 2021

**Music:** I Can't Help Myself (Sugar Pie, Honey Bunch) - Four Tops



**No tags or restarts**

**Dance starts after 24 beats**

## **WALK FORWARD, WALK BACK**

1-4 Walk forward right, left, right, kick left

5-8 Walk back left, right, left, touch right toe back

## **STEP FORWARD SLIDE HITCH x2**

9-12 Step forward on right, slide left beside right step forward right, hitch left

13-16 Step forward on left, slide right beside left, step forward on left, hitch right

## **JAZZ BOX ¼ TURN RIGHT x 2**

17-18 Step down on right crossing right over left, step back on left,

19-20 Step side right making 1/4 turn right, step left beside right

21-22 Cross right over left, step back on left

23-24 Step side right making 1/4 turn right, step left beside right

## **STEP SIDE SLIDE HITCH x2**

25-28 Step right side, slide left beside right, step right side, hitch left

29-32 Step left side, slide right beside left, step left side, hitch right

**Weight ends on left ready to start the dance**

**REPEAT**

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