

# Can't Help Myself

**COPPER** **KNOB**  
BY STEPHENETS

**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Stephen Pistoia (USA) & Laura Pistoia (USA) - February 2022

**Music:** Can't Help Myself - Dean Brody & The Reklaws : (iTunes)



**Intro: 16ct Dance starts with weight on LF. 8ct tag after 2nd rotation 1 restart wall 5 after 32ct**

## **( 1-8 ) OUT OUT IN IN AND HEEL AND TOUCH, ¾ PADDLE TURN LT**

**&1&2&3&4** Step RF out to RT &, step LF out to LT 1. step RF in & step LF in next to RF 2. step RF next to LF & point LF heel forward 3, step LF next to RF on & touch RF next to LF 4 prepping for paddle turn.

**5,6,7,8** point RF out to RT 5 making turn LT pivot on ball of LF keeping LF stationary. Repeat 6,7,8 until facing 3:00 W

## **( 9-16 ) CROSS SIDE SAILOR LEFT, CROSS SIDE SAILOR RT MAKING ¼ TURN LEFT.**

**1-2** cross RF over LF on 1, step LF out to LT on 2.

**3&4** swing RF behind step LF next to RF on & step RF out to RT on 4

**5-6** cross LF over RF on 5 step RF out to RT on 6

**7&8** swing LF behind RF making a ¼ turn LT 7 step RF next to LF & step LF forward 8. 12:00 W

## **( 17-24 ) STEP LOCK STEP STEP LOCK STEP ROCK RECOVER FULL TURN**

**1&2** step RF forward 1 step LF up behind RF on & step RF forward 2.

**3&4** step LF forward 3 step RF up behind LF on & step LF forward 4.

**5-6** rock RF forward 5 recover weight on LF 6.

**7-8** step RF behind LF over RT shoulder 7. swing LF around RF 360\* pivoting on balls of RF taking weight on LF next to RF 8 (full turn on 2cts). 12:00 W

## **( 25-32 ) HEEL SWITCHES HEEL HOOK HEEL SWITCHES HEEL HOOK STEP**

**1&2&3&4&** RT heel forward 1 RF to center & LT heel forward 2 LF to center & RT heel forward 3 RF hook & RT heel forward 4 RF to center.

**5&6&7&8** LT heel forward 5 LF center & RT heel forward 6 RF to center & LT heel forward 7 LF hook & step LF next to RF 8. 12:00 W

**(RESTART HAPPENS HERE ON WALL 5)**

## **( 33-40 ) CROSS ROCK SHUFFLE RT CROSS ROCK ¼ TURN SHUFFLE LT**

**1-2** cross RF over LF 1 recover on LF 2.

**3&4** step RF out to RT 3 step LF next to RF & step RF out to RT 4.

**5-6** cross LF over RF 5 recover RF 6.

**7&8** step LF out to LT making ¼ turn LT 7 step RF next to LF & Step LF forward 8. 9:00 W

## **(41-48 ) SHUFFLE 1/2 TURN SHUFFLE 1/2 TURN ROCK RECOVER WALK BACK BACK**

**1&2** step RF forward making ½ turn 1 step LF next to RF & step RF back 2

**3&4** step LF back making ½ turn 3 step RF next to LF & step LF forward 4

**5-6** rock RF forward 5 recover on LF 6

**7-8** step RF back 7 step LF back 8 9:00 wall. End of dance! Have fun everyone, fun fun song!

**TAG: 8ct Tag happens after 2nd rotation on 6:00 wall,**

**1-2** bump hips RT.

**3-4** hips LT.

**5-6** pivot ½ turn LT.

**7-8** pivot ½ turn LT taking weight on LF.

**Any questions contacts @ pistoias@ymail.com have fun enjoy!!!!**

