

# Can't Help Myself

**COPPER** **KNOB**  
BY STEPHEN

Count: 32

Wall: 4

Level: Improver

Choreographer: Tami Grixti (AUS) - October 2024

Music: I Can't Help Myself (Sugar Pie, Honey Bunch) - Jessica Mauboy : (Album: The Sapphires Soundtrack)



Start on the lyrics... "Sugar pie" ( 24 counts/11 secs in)

**Right side-shuffle, rock back, replace, Left side-shuffle, rock back, replace**

1&2 Side-shuffle to the right (R,L,R)  
3,4 Rock back on L, replace weight fwd on L  
5&6 Side-shuffle to the left (L,R,L)  
7,8 Rock back on R, replace weight fwd on L

**Point R, replace, point L replace, sassy walks (R,L,R,L)**

1,2 Point R toe fwd, replace R beside L  
3,4 Point L toe fwd, replace L beside R  
5,6 Sassy walk fwd fwd R, L  
7,8 Sassy walk fwd R, L

**R sailor, L sailor, behind, step L ¼ left, step R fwd, pivot ½\***

1&2 Step R behind L, rock/step L to side, replace weight to R (sailor step)  
3&4 Step L behind R, rock/step R to side, replace weight to L (sailor step)  
5,6 Step R crossed behind L, turning 90 left step L fwd  
7,8 Step R fwd, pivot 180 left (transfer weight to L)

**R dorothy, L dorothy, rock hips right, left, hold, right, left**

1,2& Step R fwd at 45, lock/step L behind R, step R fwd at 45  
3,4& Step L fwd at 45, lock/step R behind L, step L fwd at 45  
5,6 Stepping R to side bump hips R, bump hips L  
7&8 Hold, bump hips to R, bump hips to L

[32]

NOTE- A restart occurs during the 7th wall after count 24\*.