

Can't Help It

Count: 32

Wall: 2

Level: Improver

Choreographer: Jan Wyllie (AUS)

Music: Cant Help Falling In Love - UB40



This dance was written for Joy Murdoch from Balclutha New Zealand during my Oct. 2005 workshop tour. The music was of emotional importance for Joy and her husband Keith, who has left the planet

ROCK FORWARD & BACK, BACK LOCK, ¼ ROCK RETURN, BACK LOCK

- 1&2 Rock/step forward on left, rock back on right, step back on left
3&4 Step back on right, lock/step left in front of right, step back on right
5-6 Making ¼ left rock step forward on left, rock back on right
7&8 Step back on left, lock/step right in front of left, step back on left

½ ROCK RETURN, ½ SHUFFLE, ROCK FORWARD ¼ RETURN, STEP TOUCH STEP TOUCH

- 9-10 Making ½ right rock/step forward on right, rock back on left
11&12 Making ½ right shuffle back over right shoulder shuffle forward right, left, right
13-14 Rock/step forward on left, rock back on right while making ¼ left
&15 Step left to left, touch right beside left
&16 Step right to right, touch left beside right

SIDE ROCK RETURN, BEHIND SIDE ACROSS, SIDE ROCK RETURN, ROCK RETURN

- 17-18 Rock/step left to left, rock/return weight sideways onto right
19&20 Step left behind right, step right to right, step left across right
21-22 Rock/step right to right, rock/return weight sideways onto left
23-24 Rock/step right behind left, rock/return weight to left

SIDE STEP ¼ TURN, SHUFFLE FORWARD, FULL TURN, STEP PIVOT ¼

- 25-26 Step right to right, pivot ¼ left transferring weight to left
27&28 Shuffle forward right, left, right
29-30 Step forward left, right while making a full turn left (or just walk forward)
31-32 Step forward on left, pivot ¼ right transferring weight to right

REPEAT

TAG

On walls 3 and 5 after count 16

- 1-2-3-4 Take weight on left and sway hips left, right, left, right

Restart dance from the beginning