

# Can't Help Myself

**COPPER** KNOB  
BY STEPHEN METZ

**Count:** 32

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Jan Wyllie (AUS)

**Music:** I Can't Help Myself - Eddie Rabbitt



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- 1-2 Rock forward on left, rock back on right  
3-4 Step back on left, hold  
5-6 Rock back on right, rock forward on left  
7-8 Step forward on right and pivot  $\frac{1}{4}$  turn left, transfer weight to left
- 9-10 Step right across in front of left, touch left toe to left side - swing arms to left & click fingers  
11-12 Step left across in front of right, touch right toe to right side - swing arms to the right  
13-14 Step right across in front of left, touch left toe to left side - swing arms to the left  
15 Drop left heel to ground  
& Raise left heel  
16 Drop left heel to ground while making  $\frac{1}{4}$  turn left - weight on left
- 17-18 Rock forward on right, rock back on left  
19&20 Step back on right, step left beside right, step forward on right (coaster)  
21-22 Step forward on left, pivot  $\frac{1}{2}$  turn right transferring weight to right  
23&24 Shuffle forward left-right-left
- 25-26 Rock forward on right, rock back on left  
27-28 Step back on right, lock left in front of right  
29-30 Step back on right, step back on left making a  $\frac{1}{2}$  turn left (it becomes a step forward)  
31&32 Shuffle forward right-left-right

**REPEAT**

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