

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



- 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
