

# Can't Help Myself

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Laurent Chalon (BEL) - February 2019

Musique: Can't Help Myself - Dan Davidson



Intro : 16 counts

## Section 1: Cross, Behind, Chassé R, Rocking Chair, Step Lock Step

1 RF, Cross over LF  
2 LF, Behind RF  
3&4 RF, Chassé right  
5 LF, Rock Forward  
& RF, Recover  
6 LF, Rock back  
& RF, recover  
7&8 LF, Step Lock Step

## Section 2: Step Fwd, Tap Toe Back, Step Back, Kick, ¼ turn R Side step, Touch, Side Step, Coaster Step, Pivot ½ turn L, LF Together, Step Fwd

1 RF, Step Forward  
& LF, Tap Toe behind RF  
2 LF, Step Back  
& RF, Kick  
3 RF, ¼ turn Right, Side step to the right (3h)  
& LF, Touch next to RF  
4 LF, Side Step to the left  
5&6 RF, Coaster Step  
7 RF+LF, Pivot ½ turn to the left (9h)  
& RF, Next to LF  
8 LF, Step Forward\*

\*Restart wall 3 (3h)

\*Option counts &8

\*& RF, ½ turn to the left, Step back (3h)

\*8 LF, ½ turn to the left, Step Forward (9h)

## Section 3: Step Fwd, Tap Toe Back, Step Back, Kick, Behind Side Cross, Side Step, Touch, Side Point, Touch, Point fwd, Touch, Side Point

1 RF, Step forward  
& LF, Tap Toe Behind RF  
2 LF, Step Back  
& RF, Kick  
3&4 RF, Behind Side Cross  
5 LF, Side Step to the left  
& RF, Touch next to LF  
6 RF, Side Point to the right  
& RF, Touch next to LF  
7 RF, Point Forward  
& RF, Touch next to LF  
8 RF, Side Point to the Right\*\*

\*\*Restart wall 4 (12h)

## Section 4: Coaster Step, LF Together, Step fwd, Step Fwd, Mambo Fwd, Step Back, Step Back, LF Together

1&2 RF, Coaster Step  
& LF, Next to RF  
3 RF, Step Forward  
4 LF, Step Forward  
5 RF, Mambo Forward  
& LF, Recover  
6 RF, Step Back  
7 LF, Step Back  
8 RF, Step Back  
& LF, Next to RF

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