

# Can't Help Myself

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Laurent Chalon (BEL) - February 2019  
音乐: 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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