

# Can't Help Myself

**COPPER KNOB**  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Manuela D'Amato (IT) - March 2020  
音乐: Can't Help Myself - Dean Brody & The Reklaws



## Start dancing on lyrics

### MAMBO STEP 1/4 RIGHT, CROSS SHUFFLE, TOE STRUT, KICK BALL CROSS

1&2      right step forward, recover to left, turn 1/4 right, step right next to left  
3&4      left cross shuffle over right  
5-6      right toe strut next to left  
7&8      left kick, step left next to right, cross right over left

### TOE STRUT 1/4 LEFT, ROCK STEP, KICK 1/4 RIGHT TWICE, STOMP, STOMP UP

1-2      left toe strut turn 1/4 left  
3-4      right rock step forward  
5-6      right kick turn 1/4 right twice  
7-8      right stomp next to left, left stomp up

### STEP, CROSS, SHUFFLE 1/4 LEFT, STEP TURN 1/2 LEFT, SHUFFLE

1-2      step to left, cross right behind left  
3&4      right shuffle turn 1/4 left  
5-6      step right forward, turn 1/2 left  
7&8      right shuffle forward

### ROCK, COASTER STEP, ROCK, SAILOR STEP 1/4 RIGHT

1-2      rock left forward  
3&4      left coaster step  
5-6      rock right forward  
7&8      right sailor step turn 1/4 right

### STEP, STOMP, KICK, OUT, OUT, ROCKING CHAIR

1-2      left step forward, stomp right next to left  
3&4      kick left forward, left out, right out  
5-6-7-8      left rocking chair

### STEP TURN 1/4 RIGHT, HEEL, HEEL, STEP TURN 1/2 LEFT, STOMP, STOMP

1-2      step left forward, 1/4 turn right  
3&4      left heel forward, left step next to right, right heel forward  
5-6      step right forward 1/2 turn left  
7-8      stomp right next to left, stomp left next to right

## REPEAT

## TAG

1-2      right step forward, left stomp next to right  
3-4      right stomp next to left, left stomp next to right  
5-6      right step back, left stomp next to right  
7-8      right stomp next to left, left stomp next to right

## Ending 2° wall (at 6:00)

RESTART: 5° wall after 32 count with modified 31-32: stomp right, stomp left (9:00)

Last Update – 8 March 2020

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