

I Can't Help Myself

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Séverine Fillion (FR) - March 2020
音乐: Can't Help Myself - Dean Brody & The Reklaws



Intro : 16 counts

[1-8] SIDE, BEHIND & HEEL & CROSS, V STEP + CLAPS (except on the first wall)

1-2 Right to right, left cross behind right
&3&4 Right to right, left heel diagonally left fwd, recover on left, right cross over left
5&6& Left step diagonally left fwd, Clap (&), Right step diagonally right fwd, Clap (&)
7&8 Recover on left back, Clap (&), right next to left

[9-16] SIDE, BEHIND & HEEL & CROSS, V STEP + CLAPS (except on the first wall)

1-2 Left to left, right cross behind left
&3&4 Left to left, right heel diagonally right fwd, recover on right, left cross over right
5&6& Right step diagonally right fwd, Clap (&), Left step diagonally left fwd, Clap (&)
7&8 Recover on right back, Clap (&), left next to right

[17-24] WIZARD STEPS DIAGONALLY FWD, STEP 1/2 TURN L, TRIPLE FULL TURN L

1-2& Right step diagonally right fwd, « lock » left cross behind right, right fwd (&)
3-4& Left step diagonally left fwd, « Lock » right cross behind left, left fwd (&)
5-6 Right fwd, Turn 1/2 left 6:00
7&8 Triple step right – left – right fwd full turning left

[25-32] ROCK FWD, COASTER STEP, PADDLE FULL TURN L

1-2 Rock step left fwd, recover on right
3&4 Left step back, right next to left, left fwd
5-8 In place : 1/4 turn left and touch right toe to right side x 4 (to make a full turn) ** RESTART here wall 5

[33-40] CROSS, SIDE, SAILOR STEP, CROSS, SIDE , SAILOR 1/4 TURN L

1-2 Right cross over left, left to left
3&4 Right cross behind left, left to left, right to right
5-6 Left cross over right, right to right
7&8 Left cross behind right, 1/4 turn left stepping right to right, left fwd 3:00

[41-48] KICK BALL SIDE ROCK, KICK BALL SIDE POINT, WEAVE TO L, HEEL SWITCH 1/4 TURN R

1&2& Kick right fwd, right next to left, Rock step left to left side, recover on right
3&4 Kick left fwd, left next to right, Touch right toe to right side
5&6& Right cross behind left, left to left, right cross over left, left to left
7&8 1/4 turn right & right heel fwd, recover on right next to left, left heel fwd, recover on left 6:00

TAG (at the end of wall 2 at 12:00) : 8 counts : SIDE, BEHIND & HEEL & CROSS (R & L)

1-4 Right to right, left cross behind right, right to right, left heel fwd, recover on left, right cross over left
5-8 Left to left, right cross behind left, Left to left, right heel fwd, recover on right, left cross over right

RESTART : On wall 5 after 32 counts at 6:00

HAVE FUN & ENJOY

