

# Can't Help Myself

**COPPER** **NOB**  
STEPSHEETS

拍数: 48                      墙数: 4                      级数: Improver  
编舞者: Wendy McLean (CAN) - June 2020  
音乐: Can't Help Myself - Dean Brody & The Reklaws



**Intro: 16 counts, start on vocals**

## **Shuffle R, Shuffle L, Rock, Recover, Side, Touch**

1&2                      Shuffle forward diagonally right, Right, Together Left, Right  
3&4                      Shuffle forward diagonally left, Left, Together Right, Left  
5 6                      Rock Forward Right, Recover Left  
7 8                      Step side right, Touch Left

## **Shuffle L, Shuffle R, Rock, Recover, ½, Touch**

1&2                      Shuffle diagonally forward left, Left, Together Right, Left  
3&4                      Shuffle diagonally forward right, Right, Together Left, Right  
5 6                      Rock Forward Left, Recover Right  
7 8                      Turn ½ left stepping on Left, Tough Right Together

## **Side, Behind, Back, Heel, Back, Cross, Side, Behind, Back, Heel, Back, Cross**

1 2&                      Step right side, Step left behind, Step back on right  
3&4                      Left heel forward, Step back on left, Step across with right  
5 6&                      Step left side, Step right behind, Step back ¼ right on left  
7&8                      Right heel forward, Step back on right, Step across with left

## **Shuffle Forward, Rock, Recover, Coaster Step, Step Pivot ½**

1&2                      Shuffle forward, Right, Together Left, Right  
3 4                      Rock forward on left, Recover to right  
5&6                      Step back left, Step right together, Step forward left  
7 8                      Step forward on right, Pivot ½ onto left foot

## **Heel & Heel & Heel Hook Heel, Heel & Heel & Heel Hook Heel**

1&2&                      Right heel forward, Step back onto right, Left heel forward, Step back onto left  
3&4&                      Right heel forward, Hook right heel across left shin, Right heel forward, Step back onto right  
5&6&                      Left heel forward, Step back onto left, Right heel forward, Step back onto right  
7&8&                      Left heel forward, Hook left heel across right shin, Left heel forward, Step back onto left

## **Shuffle Forward, Rock, Recover, Shuffle ½, Pivot ½**

1&2                      Shuffle forward right, Right forward, Left together, Right forward  
3 4                      Rock forward on left, Recover to right  
5&6                      Shuffle ½ turn left, Step ¼ left with left, Right together, Step ¼ turn left with left  
7 8                      Step forward on right, Pivot ½ turn left onto left

## **Tag ( 8 counts after wall 2 facing 6:00)**

### **Out, Out, Clap, In, In, Clap, Out, Out, In, In**

&1 2                      Out right, Out left, Clap  
&3 4                      In Right, In Left, Clap  
&5&6                      Out right, Out left, In right, In left  
&7&8                      Out right, Out left, In right, In left

**Restart wall 5 after 32 counts**

