

Can't Help Myself

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: David Ackerman (USA) & Kayla Cosgrove (USA) - June 2021
音乐: Can't Help Myself - Dean Brody & The Reklaws



Intro: 16 counts

[1-8] Angled R Shuffle, Heel Toe In, L Shuffle, Kick, ¼ Turn R, Point L

1&2 Step R toward R diagonal, Step L next to R, Step R toward R diagonal
3&4 Swivel L heel toward R, Swivel L toe toward R, Swivel L heel toward R
5&6 Step L forward, Step R next to L, Step L forward
7&8 Kick R low, Make a ¼ turn R stepping R to R side (3:00), Point L to L side

[9-16] L Rocking Chair, Step, Pivot ½, Triple Turn

1-2 Rock L forward, Recover weight R
3-4 Rock L back, Recover weight R
5-6 Step L forward, Make a ½ turn R bringing weight to R (9:00)
7&8 Step L forward, Make a ½ turn R stepping R next to L (3:00), Make a ½ turn R stepping L next to R (9:00)

Easy Variation: Shuffle fwd L,R,L

[17-24] Forward Rock, 2 Back Skips, Coaster Cross, Heel Jack, Ball-Cross

1-2 Rock R forward, Recover weight L
&3&4 Hitch R knee as you hop on L, Step R back, Hitch L knee as you hop on R, Step L back
5&6 Step R back, Step L next to R, Cross R over L
&7&8 Step L to L side, Tap R heel to R side, Step R down, Cross L over R

[25-32] Back, ¼ Turn L, R Cross Shuffle, ¼ Turn R, ¼ Turn R, L Side Shuffle

1-2 Step R back, Make a ¼ turn L stepping L to L side (6:00)
3&4 Cross R over L, Step L to L side, Cross R over L
5-6 Make a ¼ turn R stepping L back (9:00), Make a ¼ turn R stepping R forward (12:00)
7&8 Step L to L side, Step R next to L, Step L to L side

[33-40] Cross, Side, ¼ Turn, Together, R Heel, Step Touch, Out-Out, Foot Boogie In, R Flick/Hitch

1-2 Cross R over L, Step L to L side
3&4 Make a ¼ turn R stepping R back (3:00), Step L next to R, Tap R heel forward,
&5&6 Step R next to L, Tap R next to L, Step L to L side, Step R to R side (splitting weight)
7&8& Swivel toes in, Swivel heels in, Swivel toes in so feet are next to each other shifting weight L,
Flick R foot back (Or Hitch R knee up)

[41-48] Side Rock, Behind-Side-Cross, Side Rock, ¾ Triple Turn L

1-2 Rock R to R side, Recover weight L
3&4 Step R behind L, Step L to L side, Cross R over L
5-6 Rock L to L side, Recover weight R
7&8 Make a ¾ L in place stepping L,R,L weight ends fwd on L (6:00)

Easy Variation: 5-6 Rock L to L side, Recover weight R making ¼ R Shuffle fwd, L,R,L

Tag: After wall 2, facing 12:00

[1-8] R rocking chair, ½ Jazz Box

1-2 Rock R forward, Recover weight L
3-4 Rock R back, Recover weight L
5-6 Cross R over L, Make a ¼ turn R stepping L back (3:00)
7-8 Step R to R side, Make a ¼ turn R stepping L forward (6:00)

