

# Can't Help Myself (P)

COPPERKNOB  
STEPSHEETS

拍数: 56      墙数: 0      级数: Partner  
编舞者: Ann Williams (UK)  
音乐: Can't Help Myself - Eddie Rabbitt



**Position: Start In Right Side by Side position (Sweetheart)**

## WALK, WALK, ROCK, RECOVER, CROSS, POINT, CROSS, POINT

1-2            Walk forward on left, right  
3-4            Step and rock forward on left, recover onto right  
5-6            Step left forward, point right out to right side  
7-8            Step right forward, point left out to left side

## JAZZ BOX ¼ TURN TWICE

9-12            Step and cross left over right, step right back, step onto left making ¼ turn left, step right forward

**Release left hands, raise right and pass over lady's head and lower behind man's back, rejoin left hands behind man's back**

13-16            Step and cross left over right, step right back, step onto left making ¼ turn left, touch right beside left

## SHUFFLE, STEP, PIVOT, TRIPLE STEP, (LADY TURNS) ROCK, RECOVER

17&18            Right shuffle forward  
19-20            Step left forward, release left hands, raise right, pivot ½ turn right

**Rejoin left hands in front, pass right hands over lady's head as she turns**

21&22            **MAN:** Triple step in place, left, right, left  
**LADY:** Triple step on left, right, left make ½ turn right to face man

**Raise & pass left hands over lady's head as she turns, hands now crossed in front, left over right**

23-24            Step and rock forward on right, (lady rocks back) recover onto left, (lady rocks forward)

## ROCK, RECOVER, (LADY STEP, PIVOT) TRIPLE STEP, (LADY TURNS)

25-26            **MAN:** Step and rock back on right, recover onto left  
**LADY:** Step right forward, pivot ½ turn left

**Raise left hands over lady's head into Right Side By Side Position**

27&28            **MAN:** Triple step in place on right, left, right  
**LADY:** Triple step on right, left, right making ½ turn left to face man

**Raise and pass right hands over lady's head as she turns, hands now crossed in front**

## ROCK, RECOVER, ROCK, RECOVER, (LADY STEP, PIVOT) SHUFFLE

29-30            Step and rock forward on left, (lady rocks back) recover onto right, (lady rocks forward)

31-32            **MAN:** Step and rock back on left, recover onto right moving slightly to right

**LADY:** Step left forward to man's left side, pivot ½ turn right

**Raise and pass right hands over lady's head into Left Side By Side Position**

33&34            Left shuffle forward

## SHUFFLE, SHUFFLE, STEP, PIVOT, STEP, PIVOT

35-38            Right shuffle forward, left shuffle forward

39-40            Step right forward, pivot ½ turn left

**Release right hands, raise left**

41-42            Step right forward, pivot ½ turn left

**Rejoin right hands, lower left back in Left Side By Side Position**

## SHUFFLE, SHUFFLE, WALK X 4, (LADY TURNS)

43-46 Right shuffle forward, left shuffle forward

47-50 **MAN:** Walk forward on right, left, right, left, weight on left

**LADY:** Step forward on right, left, right, left making a full turn left and moving to man's right side

**Raise right hands, release left as lady turns, rejoin in right side by side at end of turn**

### **SHUFFLES FORWARD**

51-56 Right shuffle forward, left shuffle forward, right shuffle forward

**REPEAT**

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