

Can't Help Myself

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK)
音乐: Groove Tonight (feat. Mannie Fresh) - Nicole Scherzinger



Starts after 16 Counts

Step, Rock & Step, Cross, 1/4, Hitch 1/4, Cross, 1/4, 1/4, Cross.

- 1-2 Step Left diagonally forward Left, Rock Right over Left. (11.00)
&3-4 Recover on Left, step back on Right, cross step Left over Right.
5-6 Make just over 1/4 turn Right stepping forward Right (3.00), Hitch Left knee as you make 1/4 turn Right on ball of Right (6.00).
7 Cross step Left over Right.
8&1 Make 1/4 turn Left stepping back on Right, 1/4 turn Left stepping Left to Left side, cross step Right over Left. (12.00)

Sway, Sway, Behind 1/4 Rock, Rock, Step, Step 1/2 Pivot Step.

- 2-3 Step Left to Left side swaying hips Left, step Right to Right side Swaying hips Right.
4&5 Cross step Left behind Right, make 1/4 turn Right stepping forward on Right, Rock forward on Left pushing hips forward. (3.00)
6-7 Recover on Right pushing hips back, step forward on Left.
8&1 Step forward on Right, pivot 1/2 turn to Left, step forward on Right. (9.00)

1/2 , 1/4 , Rock & Side, Behind Dip, Cross, Rock & Cross.

- 2-3 Make 1/2 turn to Right stepping back on Left, 1/4 turn Right stepping Right to Right side. (6.00)
4&5 Cross rock Left behind Right, recover on Right, step Left to Left side.
6-7 Cross step Right behind Left as you bend knees (almost sit), cross step Left over Right.
8&1 Rock Right to Right side, recover on Left, cross step Right over Left.

Back, Together, Left Lock Step, Step, 1/4 Pivot, Cross.

- 2-3 Step back on Left, step Right next to Left,
4&5 Step forward on Left, lock Right behind Left, step forward on Left.
6-7 Step forward on Right, pivot 1/4 turn to Left. (3.00)
8 Cross step Right over Left as if walking into diagonal Left corner.
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