

I Can't Help Myself

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Tim Gauci (AUS) - July 2015
音樂: Bad Habits - Billy Field : (Album: iTunes single - 3:27)



Begin dance 16 beats in, on lyrics – No Tags/Restarts!

[1-8] □ STEP, TOUCH, SIDE STRUT, BEHIND, SIDE, CROSS □ 12.00

1234 Step L to L, touch R tog, touch R toe to R, place R heel to floor
5678 Step L behind R, step R to R, cross L over R, hold

[9-16] □ STEP, TOUCH, SIDE STRUT, BEHIND, SIDE, CROSS □ 12.00

1234 Step R to R, touch L tog, touch L toe to L, place L heel to floor
5678 Step R behind L, step L to L, cross R over L, hold

[17-24] □ SIDE, TOG, FWD, HOLD, FWD, ROCK, BACK, HOLD □ 12.00

1234 Step L to L, step R tog, step L fwd, hold
5678 Step R fwd, rock weight back onto L, step R back, hold

[25-32] □ BACK, TOG, CROSS, HOLD, SIDE, TOG, FWD, HOLD □ 12.00

1234 Step L back, step R tog, step L across R, hold
5678 Step R to R, step L tog, step R fwd, hold

[33-40] □ ROCKING CHAIR, STEP, PIVOT ½, STEP, HOLD □ 6.00

1234 Step L fwd, rock weight back onto R, step L back, rock weight fwd onto R
5678 Step L fwd, pivot ½ turn R, step L fwd, hold

[41-48] □ ½, ¼, CROSS, HOLD, SIDE, TOG, CROSS, HOLD □ 9.00

1234 Making ½ turn L step R back, making ¼ turn L step L to L, cross R over L, hold
5678 Step L to L, step R tog, cross L over R

[49-56] □ SIDE, TOG, SIDE, HOLD, BACK, ROCK, SIDE, HOLD □ 9.00

1234 Step R to R, step L tog, step R to R, hold
5678 Step L back/behind R, rock weight fwd onto R, step L to L, hold

[57-64] □ BEHIND, SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS, HOLD □ 9.00

1234 Step R behind L, step L to L, step R across L, step L to L
5678 Step R behind L, step L to L, step R across L, hold

[64] Beats □ Repeat dance in new direction □

Enjoy

© Free to be copied provided no changes are made to the original