

# 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**