

Can't Help Myself

拍數: 32 牆數: 4 級數: Improver
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音樂: Can't Help Myself - Dan Davidson



Intro : 16 counts

Section 1: Cross, Behind, Chassé R, Rocking Chair, Step Lock Step

1 RF, Cross over LF
2 LF, Behind RF
3&4 RF, Chassé right
5 LF, Rock Forward
& RF, Recover
6 LF, Rock back
& RF, recover
7&8 LF, Step Lock Step

Section 2: Step Fwd, Tap Toe Back, Step Back, Kick, ¼ turn R Side step, Touch, Side Step, Coaster Step, Pivot ½ turn L, LF Together, Step Fwd

1 RF, Step Forward
& LF, Tap Toe behind RF
2 LF, Step Back
& RF, Kick
3 RF, ¼ turn Right, Side step to the right (3h)
& LF, Touch next to RF
4 LF, Side Step to the left
5&6 RF, Coaster Step
7 RF+LF, Pivot ½ turn to the left (9h)
& RF, Next to LF
8 LF, Step Forward*

*Restart wall 3 (3h)

*Option counts &8

*& RF, ½ turn to the left, Step back (3h)

*8 LF, ½ turn to the left, Step Forward (9h)

Section 3: Step Fwd, Tap Toe Back, Step Back, Kick, Behind Side Cross, Side Step, Touch, Side Point, Touch, Point fwd, Touch, Side Point

1 RF, Step forward
& LF, Tap Toe Behind RF
2 LF, Step Back
& RF, Kick
3&4 RF, Behind Side Cross
5 LF, Side Step to the left
& RF, Touch next to LF
6 RF, Side Point to the right
& RF, Touch next to LF
7 RF, Point Forward
& RF, Touch next to LF
8 RF, Side Point to the Right**

**Restart wall 4 (12h)

Section 4: Coaster Step, LF Together, Step fwd, Step Fwd, Mambo Fwd, Step Back, Step Back, LF Together

1&2 RF, Coaster Step
& LF, Next to RF
3 RF, Step Forward
4 LF, Step Forward
5 RF, Mambo Forward
& LF, Recover
6 RF, Step Back
7 LF, Step Back
8 RF, Step Back
& LF, Next to RF

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