

# Can't Help Myself

**COPPER** KNOB  
BY STEPHEN HETS

拍數: 48      牆數: 4      級數: Intermediate Polka  
編舞者: Guy Dubé (CAN), Michel Auclair (CAN) & Julie Lépine (CAN) - March 2020  
音樂: Can't Help Myself - Dean Brody & The Reklaws



Intro : 15 counts.

Sequence : 48,48,8(tag)-48-48-32(restart)-48-16(final)

**[1-8] SIDE, CROSS, SIDE, HEEL TOUCH in 1/4 TURN L, TOGETHER, TOUCH, ROCK STEP, RECOVER, SAILOR STEP in 3/8 TURN R**

1-2            Step R to right, cross step L behind R  
&3            Step R to right, 1/4 turn to left and heel touch L forward - 9 :00  
&4            Step L together R, touch R together L  
5              Rock step R forward  
6              Recover on L with rond de jambe R in half-circle from front to back  
7&8          Cross step R behind L, 3/8 turn to right and step L to left, step R on place - 1 :30

**[9-16] ROCK STEP, RECOVER, TOGETHER, HEEL SWITCHES, TOGETHER, ROCK STEP, RECOVER, TRIPLE STEP BACK**

1-2            Rock step L forward, recover on R  
&3            Step L together R, heel touch R forward  
&4            Step R together L, heel touch L forward  
&5-6          Step L together R, rock step R forward, recover on L  
7&8          Raise R knee and triple step back with R,L,R - 1 :30

**[17-24] 3/8 TURN L, 1/2 TURN L, COASTER STEP, 2X (HEEL-TOGETHER-POINT)**

1-2 3          3/8 turn to left and step L forward, 1/2 turn to left and step R back - 3 :00  
3&4          Step L back, step R together L, step L forward  
5&6          Heel touch R forward, step R together L, point L to left  
7&8          Heel touch L forward, step L together R, point R to right

**[25-32] CROSS SHUFFLE to L, 1/4 TURN R AND SHUFFLE BACK, ROCK BACK, RECOVER, FULL TURN L**

1-2            Raise R knee and cross shuffle to left with R,L,R  
3&4          1/4 turn to right and raise L knee and shuffle back with L,R,L - 6 :00  
5-6          Rock back R, recover on L  
7-8          1/2 turn to left and step R back, 1/2 turn to left and step L forward

**Restart: At the 5th repetition of the dance, facing 12 O'clock,  
Do the first 32 counts and restart the dance facing 6 O'clock.**

**[33-40] 2X (STEP-LOCK-STEP), ROCK STEP, RECOVER, SHUFFLE BACK**

1&2          Step R forward, step L locked behind R, step R forward  
3&4          Step L forward, step R locked behind L, step L forward  
5-6          Rock step R forward, recover on L  
7&8          Raise R knee and shuffle back with R,L,R

**[41-48] SAILOR STEP, SAILOR STEP in 1/4 TURN R, SHUFFLE FWD, KICK-BALL-CHANGE**

1&2          Cross step L behind R, step R to right, step L to left  
3&4          Cross step R behind L, 1/4 turn to right and step L to left, step R to right - 9 :00  
5&6          Shuffle forward with L,R,L  
7&8          Kick R forward, ball R together L, step L on place

**TAG : After the 2nd repetition of the dance facing 6 O'clock add these 8 counts :**

**[1-8] ROCK STEP, RECOVER, TRIPLE STEP in FULL TURN R, ROCK STEP, RECOVER, COASTER STEP**

- 1-2            Rock step R forward, recover on L
- 3&4           Triple step on place R,L,R in full turn right
- 5-6           Rock step L forward, recover on R
- 7&8           Step L back, step R together L, step L forward

**HAVE FUN AND ENJOY !**

**GUY, MICHEL & JULIE**

**Last Update: 4 Mar 2025**

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