

Can't Help Myself

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: S.E.A of love (KOR) & BaeJungHo (KOR) - August 2020
音樂: Can't Help Myself (feat. Loco) - Eric Nam



Intro: 16 counts

*Tag : The End of Wall 2, Hold count 4 (12:00)

*RESTART: During Wall 5, dance up to & including count 32, then restart facing (12.00)

S1: Forward Kick, Together Step,(Twice) Monterey 1/4R, Heel Switch, Monterey 1/4L(12:00)

1&2& kick R fwd,step R next to L,kick L fwd, step L next to R
3-4 R Side Point , 1/4R Turn R step (9:00)
5&6& L fwd Heel , step L next to R, R fwd Heel ,step R next to L,
7-8 L Side Point ,1/4L Turn L step (12:00)

S2: Diagonal Step, Behind Step at the same time Hitch, Triple (Right Side,Left Side)

1-2 Step R Diagonal fwd, Step L Behind Step at the same time R Hitch,
3&4 Step R fwd, L Bside R, step R fwd
5-6 Step L Diagonal fwd, Step R Behind Step at the same time L Hitch,
7&8 Step L fwd, R Bside L, step L fwd

S3: Jazz Box Cross,Chassee,Back Rock,Recover

1-2-3-4 Step R Cross, Step L Back, Step R Side, Step L Cross
5&6 Step R to R Side, L next to R, step R to Side,
7-8 Step L Back Rock, Step R Recover

S4: Side, Hold, Behind, Side,Cross,Side with CW Hip,Inplace Touch, Hipbump Twice

1-2 Step L to Side, Hold
&3-4 Step R behind L,Step L Side, Step R Cross
5-6 Step L Side with CW Hip Rolling, Rf Inplace Touch
7-8 On the touched Rf Double Hipbump

*RESTART: Wall 5 (12.00)

S5: Side Rock with CCW Hip Rolling, 1/4L Turn Hook, Forward Shuffle, Forward Rock.Recover,Back Shuffle

1-2 Step R to R side with CCW Hip rolling, Lf 1/4L Hook,(9:00)
3&4 Step L Forward, Step R next to L,Step L Forward
5-6 Step R Forward Rock, Step L recover,
7&8 Step R back, Step L next to R, Step R back

S6: Back Out,Out, Hold,Back Out,Out, Hold,Apple Jack

&1-2 Step L Back Out, Step R Back Out,Hold
&3-4 Step L Back Out, Step R Back Out,Hold

On ball of L and heel of R swivel L heel L and R toes R, return to centre

5& Lf Heel to the R at the same time Rf Toe R , return to centre
6& Rf Heel to the L at the same time Lf Toe L , return to centre
7& Lf Heel to the R at the same time Rf Toe R , return to centre
8 Rf Heel to the L at the same time Lf Toe L

-Easy Option: 5-8 Twist heels swivel R, L, R, L (weight on L)

S7: , Step R In place Body Roll, 1/4 L Turn Fwd Body Roll,Cross, Unwind Full Turn

1-2 Step R In place Body Roll
3-4 1/4 L Turn Forward Step Body Roll (6:00)

5-8 Step R across L, Unwind Full Turn L(Weight on L)

S8: Side Stomp, Stomp, Sailor, Behind, Side, Cross, Side, Cross, Touch

1-2 Rf Side Stomp, Stomp

3&4 Step R Across Behind L, Step L Side, Step R Side

5&6& Step L Across Behind R, Step R Side, Step R Across, Step L Side

7-8 Step R Across L, Touch L toes to Beside R

Enjoy The Dance

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