

# I Can't Help Myself

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 2      級數: Beginner / Contra  
編舞者: Kelly Kaylin (CAN) - November 2021  
音樂: I Can't Help Myself (Sugar Pie, Honey Bunch) - Four Tops



No tags or restarts  
Dance starts after 24 beats

## WALK FORWARD, WALK BACK

1-4              Walk forward right, left, right, kick left  
5-8              Walk back left, right, left, touch right toe back

## STEP FORWARD SLIDE HITCH x2

9-12             Step forward on right, slide left beside right step forward right, hitch left  
13-16            Step forward on left, slide right beside left, step forward on left, hitch right

## JAZZ BOX ¼ TURN RIGHT x 2

17-18            Step down on right crossing right over left, step back on left,  
19-20            Step side right making 1/4 turn right, step left beside right  
21-22            Cross right over left, step back on left  
23-24            Step side right making 1/4 turn right, step left beside right

## STEP SIDE SLIDE HITCH x2

25-28            Step right side, slide left beside right, step right side, hitch left  
29-32            Step left side, slide right beside left, step left side, hitch right

Weight ends on left ready to start the dance

REPEAT

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