

# Can't Help Myself

COPPER KNOB  
STEPPERS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Stephen Pistoia (USA) & Laura Pistoia (USA) - February 2022  
音樂: Can't Help Myself - Dean Brody & The Reklaws : (iTunes)



**Intro: 16ct Dance starts with weight on LF. 8ct tag after 2nd rotation 1 restart wall 5 after 32ct**

## **( 1-8 ) OUT OUT IN IN AND HEEL AND TOUCH, ¾ PADDLE TURN LT**

&1&2&3&4      Step RF out to RT &, step LF out to LT 1. step RF in & step LF in next to RF 2. step RF next to LF & point LF heel forward 3, step LF next to RF on & touch RF next to LF 4 prepping for paddle turn.

5,6,7,8      point RF out to RT 5 making turn LT pivot on ball of LF keeping LF stationary. Repeat 6,7,8 until facing 3:00 W

## **( 9-16 ) CROSS SIDE SAILOR LEFT, CROSS SIDE SAILOR RT MAKING ¼ TURN LEFT.**

1-2      cross RF over LF on 1, step LF out to LT on 2.

3&4      swing RF behind step LF next to RF on & step RF out to RT on 4

5-6      cross LF over RF on 5 step RF out to RT on 6

7&8      swing LF behind RF making a ¼ turn LT 7 step RF next to LF & step LF forward 8. 12:00 W

## **( 17-24 ) STEP LOCK STEP STEP LOCK STEP ROCK RECOVER FULL TURN**

1&2      step RF forward 1 step LF up behind RF on & step RF forward 2.

3&4      step LF forward 3 step RF up behind LF on & step LF forward 4.

5-6      rock RF forward 5 recover weight on LF 6.

7-8      step RF behind LF over RT shoulder 7. swing LF around RF 360\* pivoting on balls of RF taking weight on LF next to RF 8 (full turn on 2cts). 12:00 W

## **( 25-32 ) HEEL SWITCHES HEEL HOOK HEEL SWITCHES HEEL HOOK STEP**

1&2&3&4&      RT heel forward 1 RF to center & LT heel forward 2 LF to center & RT heel forward 3 RF hook & RT heel forward 4 RF to center.

5&6&7&8      LT heel forward 5 LF center & RT heel forward 6 RF to center & LT heel forward 7 LF hook & step LF next to RF 8. 12:00 W

**(RESTART HAPPENS HERE ON WALL 5)**

## **( 33-40 ) CROSS ROCK SHUFFLE RT CROSS ROCK ¼ TURN SHUFFLE LT**

1-2      cross RF over LF 1 recover on LF 2.

3&4      step RF out to RT 3 step LF next to RF & step RF out to RT 4.

5-6      cross LF over RF 5 recover RF 6.

7&8      step LF out to LT making ¼ turn LT 7 step RF next to LF & Step LF forward 8. 9:00 W

## **(41-48 ) SHUFFLE 1/2 TURN SHUFFLE 1/2 TURN ROCK RECOVER WALK BACK BACK**

1&2      step RF forward making ½ turn 1 step LF next to RF & step RF back 2

3&4      step LF back making ½ turn 3 step RF next to LF & step LF forward 4

5-6      rock RF forward 5 recover on LF 6

7-8      step RF back 7 step LF back 8 9:00 wall. End of dance! Have fun everyone, fun fun song!

**TAG: 8ct Tag happens after 2nd rotation on 6:00 wall,**

1-2      bump hips RT.

3-4      hips LT.

5-6      pivot ½ turn LT.

7-8      pivot ½ turn LT taking weight on LF.

**Any questions contacts @ pistoias@ymail.com have fun enjoy!!!!**

