

Can't Help Myself

COPPER KNOB
BYEFOOTETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Tami Gixti (AUS) - October 2024
音樂: I Can't Help Myself (Sugar Pie, Honey Bunch) - Jessica Mauboy : (Album: The Sapphires Soundtrack)



Start on the lyrics... "Sugar pie" (24 counts/11 secs in)

Right side-shuffle, rock back, replace, Left side-shuffle, rock back, replace

1&2 Side-shuffle to the right (R,L,R)
3,4 Rock back on L, replace weight fwd on L
5&6 Side-shuffle to the left (L,R,L)
7,8 Rock back on R, replace weight fwd on L

Point R, replace, point L replace, sassy walks (R,L,R,L)

1,2 Point R toe fwd, replace R beside L
3,4 Point L toe fwd, replace L beside R
5,6 Sassy walk fwd fwd R, L
7,8 Sassy walk fwd R, L

R sailor, L sailor, behind, step L ¼ left, step R fwd, pivot ½*

1&2 Step R behind L, rock/step L to side, replace weight to R (sailor step)
3&4 Step L behind R, rock/step R to side, replace weight to L (sailor step)
5,6 Step R crossed behind L, turning 90 left step L fwd
7,8 Step R fwd, pivot 180 left (transfer weight to L)

R dorothy, L dorothy, rock hips right, left, hold, right, left

1,2& Step R fwd at 45, lock/step L behind R, step R fwd at 45
3,4& Step L fwd at 45, lock/step R behind L, step L fwd at 45
5,6 Stepping R to side bump hips R, bump hips L
7&8 Hold, bump hips to R, bump hips to L

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NOTE- A restart occurs during the 7th wall after count 24*.