

# Can't Help It

拍數: 40      牆數: 4      級數: Improver  
編舞者: Stella Wilden (UK)  
音樂: Can't Help It - Scooter Lee



## CHARLESTONS

- 1 Step forward onto right foot
- 2 Kick left foot forward
- 3 Step back with left foot
- 4 Touch right toe back
- 5 Step forward onto right foot
- 6 Kick left foot forward
- 7 Step back with left foot
- 8 Touch right foot next to left

## HEEL LIFTS & SWITCHES

- & Lift both heels off the floor
- 9 Replace heels
- & Lift both heels off the floor
- 10 Replace heels
- 11 Touch right heel forward
- 12 Replace right foot beside left
- 13 Touch left heel forward
- 14 Replace left foot beside right
- & Lift both heels off the floor
- 15 Replace heels
- & Lift both heels off the floor
- 16 Replace heels
- 17 Touch right heel forward
- 18 Replace right foot beside left
- 19 Touch left heel forward
- 20 Replace left foot beside right

## SYNCOPATED RHYTHM SIDE STEPS

- 21 Step to the right side with the right foot
- & Step left foot beside right
- 22 Step to the right side with the right foot
- & Step left foot beside right
- 23 Step to the right side with the right foot
- 24 Touch left foot beside right
- 25 Step to the left side with the left foot
- & Step right foot beside left
- 26 Step to the left side with the left foot
- & Step right foot beside left
- 27 Step to the left side with the left foot & make a ¼ turn to your left
- 28 Touch right foot beside left

## SYNCOPATED SPLITS

- & Right foot take a small step to right
- 29 Left foot take a small step tap left
- & Right foot take a small step in, back to original position

- 30 Left foot take a small step in, back to original position  
& Right foot take a small step to right  
31 Left foot take a small step to left  
& Right foot take a small step in, back to original position  
32 Left foot take a small step in, back to original position

### **MONTEREY TURN**

- 33 Touch right toe out to the right side  
34 Replace right foot next to left as you use the momentum to pivot on the ball of the left foot a ½ turn to your right  
35 Touch left toe out to left side  
36 Replace left foot beside right foot  
37 Touch right toe out to the right side  
38 Replace right foot next to left as you use the momentum to pivot on the ball of the left foot a ½ turn to your right  
39 Touch left toe out to left side  
40 Replace left foot beside right foot

### **REPEAT**

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