

# Can't Help Myself (P)

**COPPER** KNOB  
STEPSHEETS

拍數: 56      牆數: 0      級數: Partner  
編舞者: Ann Williams (UK)  
音樂: Can't Help Myself - Eddie Rabbitt



**Position: Start In Right Side by Side position (Sweetheart)**

## **WALK, WALK, ROCK, RECOVER, CROSS, POINT, CROSS, POINT**

- 1-2      Walk forward on left, right
- 3-4      Step and rock forward on left, recover onto right
- 5-6      Step left forward, point right out to right side
- 7-8      Step right forward, point left out to left side

## **JAZZ BOX ¼ TURN TWICE**

- 9-12      Step and cross left over right, step right back, step onto left making ¼ turn left, step right forward

**Release left hands, raise right and pass over lady's head and lower behind man's back, rejoin left hands behind man's back**

- 13-16      Step and cross left over right, step right back, step onto left making ¼ turn left, touch right beside left

## **SHUFFLE, STEP, PIVOT, TRIPLE STEP, (LADY TURNS) ROCK, RECOVER**

- 17&18      Right shuffle forward
  - 19-20      Step left forward, release left hands, raise right, pivot ½ turn right
- Rejoin left hands in front, pass right hands over lady's head as she turns**
- 21&22      **MAN:** Triple step in place, left, right, left  
              **LADY:** Triple step on left, right, left make ½ turn right to face man

**Raise & pass left hands over lady's head as she turns, hands now crossed in front, left over right**

- 23-24      Step and rock forward on right, (lady rocks back) recover onto left, (lady rocks forward)

## **ROCK, RECOVER, (LADY STEP, PIVOT) TRIPLE STEP, (LADY TURNS)**

- 25-26      **MAN:** Step and rock back on right, recover onto left  
              **LADY:** Step right forward, pivot ½ turn left
- Raise left hands over lady's head into Right Side By Side Position**
- 27&28      **MAN:** Triple step in place on right, left, right  
              **LADY:** Triple step on right, left, right making ½ turn left to face man

**Raise and pass right hands over lady's head as she turns, hands now crossed in front**

## **ROCK, RECOVER, ROCK, RECOVER, (LADY STEP, PIVOT) SHUFFLE**

- 29-30      Step and rock forward on left, (lady rocks back) recover onto right, (lady rocks forward)
- 31-32      **MAN:** Step and rock back on left, recover onto right moving slightly to right  
              **LADY:** Step left forward to man's left side, pivot ½ turn right

**Raise and pass right hands over lady's head into Left Side By Side Position**

- 33&34      Left shuffle forward

## **SHUFFLE, SHUFFLE, STEP, PIVOT, STEP, PIVOT**

- 35-38      Right shuffle forward, left shuffle forward
- 39-40      Step right forward, pivot ½ turn left

**Release right hands, raise left**

- 41-42      Step right forward, pivot ½ turn left

**Rejoin right hands, lower left back in Left Side By Side Position**

## **SHUFFLE, SHUFFLE, WALK X 4, (LADY TURNS)**

43-46 Right shuffle forward, left shuffle forward

47-50 **MAN:** Walk forward on right, left, right, left, weight on left

**LADY:** Step forward on right, left, right, left making a full turn left and moving to man's right side

**Raise right hands, release left as lady turns, rejoin in right side by side at end of turn**

### **SHUFFLES FORWARD**

51-56 Right shuffle forward, left shuffle forward, right shuffle forward

**REPEAT**

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