

Can't Help Myself

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Jan Wyllie (AUS)

Music: I Can't Help Myself - Eddie Rabbitt



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|-------|--|
| 1-2 | Rock forward on left, rock back on right |
| 3-4 | Step back on left, hold |
| 5-6 | Rock back on right, rock forward on left |
| 7-8 | Step forward on right and pivot $\frac{1}{4}$ turn left, transfer weight to left |
| 9-10 | Step right across in front of left, touch left toe to left side - swing arms to left & click fingers |
| 11-12 | Step left across in front of right, touch right toe to right side - swing arms to the right |
| 13-14 | Step right across in front of left, touch left toe to left side - swing arms to the left |
| 15 | Drop left heel to ground |
| & | Raise left heel |
| 16 | Drop left heel to ground while making $\frac{1}{4}$ turn left - weight on left |
| 17-18 | Rock forward on right, rock back on left |
| 19&20 | Step back on right, step left beside right, step forward on right (coaster) |
| 21-22 | Step forward on left, pivot $\frac{1}{2}$ turn right transferring weight to right |
| 23&24 | Shuffle forward left-right-left |
| 25-26 | Rock forward on right, rock back on left |
| 27-28 | Step back on right, lock left in front of right |
| 29-30 | Step back on right, step back on left making a $\frac{1}{2}$ turn left (it becomes a step forward) |
| 31&32 | Shuffle forward right-left-right |

REPEAT
