Can't Help Myself

Compte: 32 **Mur:** 4 **Niveau:** Improver
Chorégraphe: Laurent Chalon (BEL) - February 2019
Musique: Can't Help Myself - Dan Davidson

Intro : 16 counts

Section 1: Cross, Behind, Chassé R, Rocking Chair, Step Lock Step

1	RF, Cross over LF
2	LF, Behind RF
3&4	RF, Chassé right
5	LF, Rock Forward
&	RF, Recover
6	LF, Rock back
&	RF, recover
7&8	LF, Step Lock Step

Section 2: Step Fwd, Tap Toe Back, Step Back, Kick, ¼ turn R Side step, Touch, Side Step, Coaster Step, Pivot ½ turn L, LF Together, Step Fwd

1	RF, Step Forward
&	LF, Tap Toe behind RF
2	LF, Step Back
&	RF, Kick
3	RF, ¼ turn Right, Side step to the right (3h)
&	LF, Touch next to RF
4	LF, Side Step to the left
5&6	RF, Coaster Step
7	RF+LF, Pivot ½ turn to the left (9h)
&	RF, Next to LF
8	LF, Step Forward*

***Restart wall 3 (3h)**
***Option counts &8**
***& RF, ½ turn to the left, Step back (3h)**
***8 LF, ½ turn to the left, Step Forward (9h)**

Section 3: Step Fwd, Tap Toe Back, Step Back, Kick, Behind Side Cross, Side Step, Touch, Side Point, Touch, Point fwd, Touch, Side Point

1	RF, Step forward
&	LF, Tap Toe Behind RF
2	LF, Step Back
&	RF, Kick
3&4	RF, Behind Side Cross
5	LF, Side Step to the left
&	RF, Touch next to LF
6	RF, Side Point to the right
&	RF, Touch next to LF
7	RF, Point Forward
&	RF, Touch next to LF
8	RF, Side Point to the Right**

****Restart wall 4 (12h)**

Section 4: Coaster Step, LF Together, Step fwd, Step Fwd, Mambo Fwd, Step Back, Step Back, LF Together

1&2	RF, Coaster Step
&	LF, Next to RF
3	RF, Step Forward
4	LF, Step Forward
5	RF, Mambo Forward
&	LF, Recover
6	RF, Step Back
7	LF, Step Back
8	RF, Step Back
&	LF, Next to RF

Contact : country@webchalon.be - http://countrylinedance.webchalon.be