

# Can't Help Myself

**COPPER** KNOB  
STEPSHEETS

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](mailto:country@webchalon.be) - <http://countrylinedance.webchalon.be>

---