Can't Help Dancin'



Compte: 32 Mur: 2 Niveau: Intermediate

Chorégraphe: Sho Botham (UK)

Musique: Girl Can't Help It - Big House



KICK STEPS AND WEAVE

1-2 Kick right forward, step right across front of left

3-4 Wide step left to left, step right in place - let body naturally start to face right corner in

anticipation of weave

5-8 Weave traveling to right, stepping left across front of right, right to right, left crossed right,

right to right

KICK STEPS AND WEAVE

9-16 Reverse counts 1-8 starting left

SWITCH RONDE, WEAVE, 1/4 TURN RIGHT STEP, HITCH N' SCOOT, STEP SLIDE

17 Switch onto right and ronde left leg from back to front (yes, this all happens together)

18-20 Three-count weave traveling right stepping left across front of right, right to right, left crossed

right

Step right making ¼ turn rightHitch left scooting forward on right

23-24 Step left forward, slide right to left (weight finishing on right)

SLOW WALK AROUND MAKING ¾ TURN WITH ARMS RAISED AT SHOULDER LEVEL, BODY LEANING LEFT, OPTIONAL OFF-BEAT FINGER CLICKS, STOMPS RL

25-30 Three slow walks left-right-left (2 counts each walk) traveling in a circle to left completing 3/4

turn. Arms can be held out to sides at shoulder level with body leaning to left during walks.

You can also click your fingers on the off-beat (counts 26, 28, 30)

31-32 Stomps right, left

REPEAT

To really make this a high energy workout, elevate counts 1-24. Work up gradually to performing the whole dance at high energy output and feel your stamina improve.