

Help Myself

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Sami Salamoun (USA) - June 2025
音乐: Can't Help Myself - Dean Brody & The Reklaws



Intro 16 counts.

Section 1: R Wizard Step, Heel Switches L,R, ¼ L Lock Step, Point Toe ¼ Heel Scuff, Step.

- 1-2& Step RF to R diagonal, Close LF behind RF, Step RF to R side
- 3&4& Touch L heel fwd, Close LF next to RF, Touch R heel fwd, Close RF next to LF
- 5-6& Step LF to L side, Close RF behind LF, Step LF to L side ¼ turn (9:00)
- 7&8 Point R toe fwd(angled slightly left), ¼ turn to the left & scuff R heel fwd(6:00), step R

Section 2: Step LF, Touch R Toe, Step RF, Shuffle LRL ½ Turn, Scuff RF Left and Right, Step RF behind LF and Unwind ¾ Turn.

- 1&2 Step LF fwd, Touch R Toe behind LF(slightly left of LF), Step RF Back
- 3&4 Step LF back ¼ turn, Close RF behind LF ¼ turn, Step LF fwd (12:00)
- 5-6 Scuff RF in front of LF to the L side, Scuff RF in front of LF to the R side
- 7-8 Step RF behind LF, Unwind ¾ over R Shoulder (9:00)

Section 3: R Heel, L Toe, ¼ turn R Toe, L Heel, Coaster LRF, Step R, Pivot ¼

- 1-2 Touch R heel fwd, Step RF back & touch L toe back
- 3-4 ¼ turn(6:00) step LF & touch R toe back, Step RF and touch L heel fwd
- 5&6 Step LF back, Step RF next to LF, Step LF fwd
- 7-8 Step RF fwd, Pivot ¼ turn over L shoulder (3:00)

Section 4: Shuffle RLF, Shuffle LRL, Step RF Pivot ½ turn, Spin Full Turn, Step L, Step R, Step L

- 1&2 Step RF fwd, Step LF next to RF, Step RF fwd
- 3&4 Step LF fwd, Step RF next to LF, Step LF fwd
- 5-6 Step RF fwd & pivot ½ over L shoulder (9:00), Step RF fwd and full spin on weight on RF
- 7&8 Step LF fwd, Step RF fwd, Step LF fwd(9:00)

Section 5: R Wizard Step, L Heel & Cross RF, Step LF ½ Turn Spin & Step RF, Cross Shuffle LRF

- 1-2& Step RF to R diagonal, Close LF behind RF, Step RF to R side
- 3&4 Touch L heel fwd, Step LF, Cross RF over LF
- 5-6 Step LF to L side into ½ turn over R shoulder, Step RF to R side(3:00)
- 7&8 Cross LF over RF, Close RF next to LF, Step LF to R side

Section 6: Step RF, Raise LF Behind Right, Raise RF Behind Left, Shuffle RLR ¼ turn, 2 ½ Turn Pivots with LF Fwd

- 1&2& Step RF to R side, Raise LF behind your R thigh, Step LF, Raise RF behind L thigh
- 3&4 Step RF to R side and ¼ turn over R shoulder(6:00), Close LF behind RF, Step RF fwd
- 5-6 Step LF fwd, ½ turn pivot over R shoulder(12:00)
- 7-8 Step LF fwd, ½ turn pivot over R shoulder(6:00)

Tag: 8 Counts (Tag is section 4 of dance and is done once after the 2nd wall. Tag starts at the 12:00 wall and ends at the 6:00 wall to restart dance)

[1-8]: Shuffle RLF, Shuffle LRL, Step RF Pivot ½ turn, Spin Full Turn, Step L, Step R, Step L

- 1&2 Step RF fwd, Step LF next to RF, Step RF fwd
- 3&4 Step LF fwd, Step RF next to LF, Step LF fwd
- 5-6 Step RF fwd & pivot ½ over L shoulder (9:00), Step RF fwd and full spin on weight on RF
- 7&8 Step LF fwd, Step RF fwd, Step LF fwd(9:00)

