

# I Can't Help It

**COPPER** KNOB  
STEP SHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: George de Baat (NL) - November 2012  
音乐: I Can't Help It (If I'm Still In Love With You) (with Emmylou Harris) - Linda Ronstadt



Alt. music: "Am I The One", Anne Kirkpatrick

Dance begins on the word Today I "Passed"

**Side, Together, Side, Together, Side, Step Fwd, Recover, Sweep into ¼ Turn Left Coaster Step**

- 1 RF step to right side
- 2 LF close to RF
- 3 RF step to right side
- & LF close to RF
- 4 RF step to right side
- 5 LF step forwards
- 6 RF recover
- 7 LF sweep with ¼ turn left backwards
- & RF close RF next LF
- 8 LF step forwards

**Side, Together, Side, Together, Side, Step Fwd, Recover, Sweep into ¼ Turn Left Coaster Step**

- 1 RF step to right side
- 2 LF close to RF
- 3 RF step to right side
- & LF close to RF
- 4 RF step to right side
- 5 LF step forwards
- 6 RF recover
- 7 LF sweep with ¼ turn left backwards
- & RF close RF next LF
- 8 LF step forwards

**Lock Step Fwd (2x), Rock Fwd, Recover, ½ Shuffle Turn L**

- 1 RF step forwards
- 2 LF lock step behind RF
- 3 RF step forwards
- & LF lock step behind RF
- 4 RF step forwards
- 5 LF rock forwards
- 6 RF recover
- 7 LF step LF with a ¼ turn to left side
- & RF close RF next LF
- 8 LF step LF with ¼ turn left forwards

**Rock Fwd, Recover, Coaster Step, Step Fwd, ¼ Turn R, Cross Shuffle**

- 1 RF rock forwards
- 2 LF recover
- 3 RF step RF backwards
- & LF close LF next RF
- 4 RF step forwards

- 5 LF step forwards
- 6 LF+RF make  $\frac{1}{4}$  turn right
- 7 LF cross step LF over RF
- & RF close next LF
- 8 LF cross step LF over RF

**Start Again**

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