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| Can't Help Myself |  |

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| **拍數:** | 48 | **牆數:** | 4 | **級數:** | Intermediate Polka | . |
| **編舞者:** | Guy Dubé (CAN), Michel Auclair (CAN) & Julie Lépine (CAN) - March 2020 | | | | |
| **音樂:** | Can't Help Myself - Dean Brody & The Reklaws | | | | |
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**Intro : 15 counts.**

**Sequence : 48,48,8(tag)-48-48-32(restart)-48-16(final)**

**[1-8] SIDE, CROSS, SIDE, HEEL TOUCH in 1/4 TURN L, TOGETHER, TOUCH, ROCK STEP, RECOVER, SAILOR STEP in 3/8 TURN R**

|  |  |
| --- | --- |
| 1-2 | Step R to right, cross step L behind R |

|  |  |
| --- | --- |
| &3 | Step R to right, 1/4 turn to left and heel touch L forward - 9 :00 |

|  |  |
| --- | --- |
| &4 | Step L together R, touch R together L |

|  |  |
| --- | --- |
| 5 | Rock step R forward |

|  |  |
| --- | --- |
| 6 | Recover on L with rond de jambe R in half-circle from front to back |

|  |  |
| --- | --- |
| 7&8 | Cross step R behind L, 3/8 turn to right and step L to left, step R on place - 1 :30 |

**[9-16] ROCK STEP, RECOVER, TOGETHER, HEEL SWITCHES, TOGETHER, ROCK STEP, RECOVER, TRIPLE STEP BACK**

|  |  |
| --- | --- |
| 1-2 | Rock step L forward, recover on R |

|  |  |
| --- | --- |
| &3 | Step L together R, heel touch R forward |

|  |  |
| --- | --- |
| &4 | Step R together L, heel touch L forward |

|  |  |
| --- | --- |
| &5-6 | Step L together R, rock step R forward, recover on L |

|  |  |
| --- | --- |
| 7&8 | Raise R knee and triple step back with R,L,R - 1 :30 |

**[17-24] 3/8 TURN L, 1/2 TURN L, COASTER STEP, 2X (HEEL-TOGETHER-POINT)**

|  |  |
| --- | --- |
| 1-2 3 | 3/8 turn to left and step L forward, 1/2 turn to left and step R back - 3 :00 |

|  |  |
| --- | --- |
| 3&4 | Step L back, step R together L, step L forward |

|  |  |
| --- | --- |
| 5&6 | Heel touch R forward, step R together L, point L to left |

|  |  |
| --- | --- |
| 7&8 | Heel touch L forward, step L together R, point R to right |

**[25-32] CROSS SHUFFLE to L, 1/4 TURN R AND SHUFFLE BACK, ROCK BACK, RECOVER, FULL TURN L**

|  |  |
| --- | --- |
| 1-2 | Raise R knee and cross shuffle to left with R,L,R |

|  |  |
| --- | --- |
| 3&4 | 1/4 turn to right and raise L knee and shuffle back with L,R,L - 6 :00 |

|  |  |
| --- | --- |
| 5-6 | Rock back R, recover on L |

|  |  |
| --- | --- |
| 7-8 | 1/2 turn to left and step R back, 1/2 turn to left and step L forward |

**Restart: At the 5th repetition of the dance, facing 12 O’clock,**

**Do the first 32 counts and restart the dance facing 6 O’clock.**

**[33-40] 2X (STEP-LOCK-STEP), ROCK STEP, RECOVER, SHUFFLE BACK**

|  |  |
| --- | --- |
| 1&2 | Step R forward, step L locked behind R, step R forward |

|  |  |
| --- | --- |
| 3&4 | Step L forward, step R locked behind L, step L forward |

|  |  |
| --- | --- |
| 5-6 | Rock step R forward, recover on L |

|  |  |
| --- | --- |
| 7&8 | Raise R knee and shuffle back with R,L,R |

**[41-48] SAILOR STEP, SAILOR STEP in 1/4 TURN R, SHUFFLE FWD, KICK-BALL-CHANGE**

|  |  |
| --- | --- |
| 1&2 | Cross step L behind R,step R to right, step L to left |

|  |  |
| --- | --- |
| 3&4 | Cross step R behind L, 1/4 turn to right and step L to left, step R to right - 9 :00 |

|  |  |
| --- | --- |
| 5&6 | Shuffle forward with L,R,L |

|  |  |
| --- | --- |
| 7&8 | Kick R forward, ball R together L, step L on place |

**TAG : After the 2nd repetition of the dance facing 6 O’clock add these 8 counts :**

**[1-8] ROCK STEP, RECOVER, TRIPLE STEP in FULL TURN R, ROCK STEP, RECOVER, COASTER STEP**

|  |  |
| --- | --- |
| 1-2 | Rock step R forward, recover on L |

|  |  |
| --- | --- |
| 3&4 | Triple step on place R,L,R in full turn right |

|  |  |
| --- | --- |
| 5-6 | Rock step L forward, recover on R |

|  |  |
| --- | --- |
| 7&8 | Step L back, step R together L, step L forward |

**HAVE FUN AND ENJOY !**

**GUY, MICHEL & JULIE**

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