

# I Can't Help Myself

COPPERKNOB  
BY STEPHEN

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Séverine Fillion (FR) - March 2020  
音樂: Can't Help Myself - Dean Brody & The Reklaws



Intro : 16 counts

## [1-8] SIDE, BEHIND & HEEL & CROSS, V STEP + CLAPS (except on the first wall)

1-2            Right to right, left cross behind right  
&3&4        Right to right, left heel diagonally left fwd, recover on left, right cross over left  
5&6&        Left step diagonally left fwd, Clap (&), Right step diagonally right fwd, Clap (&)  
7&8           Recover on left back, Clap (&), right next to left

## [9-16] SIDE, BEHIND & HEEL & CROSS, V STEP + CLAPS (except on the first wall)

1-2            Left to left, right cross behind left  
&3&4        Left to left, right heel diagonally right fwd, recover on right, left cross over right  
5&6&        Right step diagonally right fwd, Clap (&), Left step diagonally left fwd, Clap (&)  
7&8           Recover on right back, Clap (&), left next to right

## [17-24] WIZARD STEPS DIAGONALLY FWD, STEP 1/2 TURN L, TRIPLE FULL TURN L

1-2&        Right step diagonally right fwd, « lock » left cross behind right, right fwd (&)  
3-4&        Left step diagonally left fwd, « Lock » right cross behind left, left fwd (&)  
5-6         Right fwd, Turn 1/2 left 6:00  
7&8         Triple step right – left – right fwd full turning left

## [25-32] ROCK FWD, COASTER STEP, PADDLE FULL TURN L

1-2            Rock step left fwd, recover on right  
3&4           Left step back, right next to left, left fwd  
5-8           In place : 1/4 turn left and touch right toe to right side x 4 (to make a full turn) \*\* RESTART here wall 5

## [33-40] CROSS, SIDE, SAILOR STEP, CROSS, SIDE , SAILOR 1/4 TURN L

1-2            Right cross over left, left to left  
3&4           Right cross behind left, left to left, right to right  
5-6           Left cross over right, right to right  
7&8           Left cross behind right, 1/4 turn left stepping right to right, left fwd 3:00

## [41-48] KICK BALL SIDE ROCK, KICK BALL SIDE POINT, WEAVE TO L, HEEL SWITCH 1/4 TURN R

1&2&        Kick right fwd, right next to left, Rock step left to left side, recover on right  
3&4           Kick left fwd, left next to right, Touch right toe to right side  
5&6&        Right cross behind left, left to left, right cross over left, left to left  
7&8           1/4 turn right & right heel fwd, recover on right next to left, left heel fwd, recover on left 6:00

## TAG (at the end of wall 2 at 12:00) : 8 counts : SIDE, BEHIND & HEEL & CROSS (R & L)

1-4            Right to right, left cross behind right, right to right, left heel fwd, recover on left, right cross over left  
5-8           Left to left, right cross behind left, Left to left, right heel fwd, recover on right, left cross over right

RESTART : On wall 5 after 32 counts at 6:00

HAVE FUN & ENJOY

