

Can't Help Myself

COPPER KNOB
BY STEPHENETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Stephen Pistoia (USA) & Laura Pistoia (USA) - February 2022
音樂: Can't Help Myself - Dean Brody & The Reklaws : (iTunes)



Intro: 16ct Dance starts with weight on LF. 8ct tag after 2nd rotation 1 restart wall 5 after 32ct

(1-8) OUT OUT IN IN AND HEEL AND TOUCH, ¾ PADDLE TURN LT

&1&2&3&4 Step RF out to RT &, step LF out to LT 1. step RF in & step LF in next to RF 2. step RF next to LF & point LF heel forward 3, step LF next to RF on & touch RF next to LF 4 prepping for paddle turn.

5,6,7,8 point RF out to RT 5 making turn LT pivot on ball of LF keeping LF stationary. Repeat 6,7,8 until facing 3:00 W

(9-16) CROSS SIDE SAILOR LEFT, CROSS SIDE SAILOR RT MAKING ¼ TURN LEFT.

1-2 cross RF over LF on 1, step LF out to LT on 2.

3&4 swing RF behind step LF next to RF on & step RF out to RT on 4

5-6 cross LF over RF on 5 step RF out to RT on 6

7&8 swing LF behind RF making a ¼ turn LT 7 step RF next to LF & step LF forward 8. 12:00 W

(17-24) STEP LOCK STEP STEP LOCK STEP ROCK RECOVER FULL TURN

1&2 step RF forward 1 step LF up behind RF on & step RF forward 2.

3&4 step LF forward 3 step RF up behind LF on & step LF forward 4.

5-6 rock RF forward 5 recover weight on LF 6.

7-8 step RF behind LF over RT shoulder 7. swing LF around RF 360* pivoting on balls of RF taking weight on LF next to RF 8 (full turn on 2cts). 12:00 W

(25-32) HEEL SWITCHES HEEL HOOK HEEL SWITCHES HEEL HOOK STEP

1&2&3&4& RT heel forward 1 RF to center & LT heel forward 2 LF to center & RT heel forward 3 RF hook & RT heel forward 4 RF to center.

5&6&7&8 LT heel forward 5 LF center & RT heel forward 6 RF to center & LT heel forward 7 LF hook & step LF next to RF 8. 12:00 W

(RESTART HAPPENS HERE ON WALL 5)

(33-40) CROSS ROCK SHUFFLE RT CROSS ROCK ¼ TURN SHUFFLE LT

1-2 cross RF over LF 1 recover on LF 2.

3&4 step RF out to RT 3 step LF next to RF & step RF out to RT 4.

5-6 cross LF over RF 5 recover RF 6.

7&8 step LF out to LT making ¼ turn LT 7 step RF next to LF & Step LF forward 8. 9:00 W

(41-48) SHUFFLE 1/2 TURN SHUFFLE 1/2 TURN ROCK RECOVER WALK BACK BACK

1&2 step RF forward making ½ turn 1 step LF next to RF & step RF back 2

3&4 step LF back making ½ turn 3 step RF next to LF & step LF forward 4

5-6 rock RF forward 5 recover on LF 6

7-8 step RF back 7 step LF back 8 9:00 wall. End of dance! Have fun everyone, fun fun song!

TAG: 8ct Tag happens after 2nd rotation on 6:00 wall,

1-2 bump hips RT.

3-4 hips LT.

5-6 pivot ½ turn LT.

7-8 pivot ½ turn LT taking weight on LF.

Any questions contacts @ pistoias@ymail.com have fun enjoy!!!!

