

I Can't Help Myself

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Séverine Fillion (FR) - March 2020

Music: 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

