

I Can't Help Myself

48 Counts, 2 Walls, Intermediate Level
Choreographed by: Séverine Fillion (FR) (Mar 2020)
Choreographed to: Can't Help Myself
By Dean Brody & The Reklaws.

Intro: 16 Counts. **Tag:** 1 **Restart** 1

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
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)

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

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 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 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