

Can't Help Myself

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Laurent Chalon - Belgium - February 2019

Music: Can't Help Myself by Dan Davidson

Intro : 16 counts

Section 1: Cross, Behind, Chassé R, Rocking Chair, Step Lock Step

1RF, Cross over LF

2LF, Behind RF

3&4RF, Chassé right

5LF, Rock Forward

&RF, Recover

6LF, Rock back

&RF, recover

7&8LF, Step Lock Step

Section 2: Step Fwd, Tap Toe Back, Step Back, Kick, ¼ turn R Side step, Touch, Side Step, Coaster Step, Pivot ½ turn L, LF Together, Step Fwd

1RF, Step Forward

&LF, Tap Toe behind RF

2LF, Step Back

&RF, Kick

3RF, ¼ turn Right, Side step to the right (3h)

&LF, Touch next to RF

4LF, Side Step to the left

5&6RF, Coaster Step

7RF+LF, Pivot ½ turn to the left (9h)

&RF, Next to LF

8LF, Step Forward*

***Restart wall 3 (3h)**

***Option counts &8**

***& RF, ½ turn to the left, Step back (3h)**

***8 LF, ½ turn to the left, Step Forward (9h)**

Section 3: Step Fwd, Tap Toe Back, Step Back, Kick, Behind Side Cross, Side Step, Touch, Side Point, Touch, Point fwd, Touch, Side Point

1RF, Step forward

&LF, Tap Toe Behind RF

2LF, Step Back

&RF, Kick

3&4RF, Behind Side Cross

5LF, Side Step to the left

&RF, Touch next to LF

6RF, Side Point to the right

&RF, Touch next to LF

7RF, Point Forward

&RF, Touch next to LF

8RF, Side Point to the Right**

****Restart wall 4 (12h)**

Section 4: Coaster Step, LF Together, Step fwd, Step Fwd, Mambo Fwd, Step Back, Step Back, LF Together

1&2RF, Coaster Step

&LF, Next to RF

3RF, Step Forward

4LF, Step Forward

5RF, Mambo Forward

&LF, Recover

6RF, Step Back

7LF, Step Back

8RF, Step Back

&LF, Next to RF

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