

# Can't Help Myself

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**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Manuela D'Amato - March 2020

**Music:** Can't Help Myself by Dean Brody & The Reklaws

**Start dancing on lyrics**

**MAMBO STEP 1/4 RIGHT, CROSS SHUFFLE, TOE STRUT, KICK BALL CROSS**

**1&2**right step forward, recover to left, turn 1/4 right, step right next to left

**3&4**left cross shuffle over right

**5-6**right toe strut next to left

**7&8**left kick, step left next to right, cross right over left

**TOE STRUT 1/4 LEFT, ROCK STEP, KICK 1/4 RIGHT TWICE, STOMP, STOMP UP**

**1-2**left toe strut turn 1/4 left

**3-4**right rock step forward

**5-6**right kick turn 1/4 right twice

**7-8**right stomp next to left, left stomp up

**STEP, CROSS, SHUFFLE 1/4 LEFT, STEP TURN 1/2 LEFT, SHUFFLE**

**1-2**step to left, cross right behind left

**3&4**right shuffle turn 1/4 left

**5-6**step right forward, turn 1/2 left

**7&8**right shuffle forward

**ROCK, COASTER STEP, ROCK, SAILOR STEP 1/4 RIGHT**

**1-2**rock left forward

**3&4**left coaster step

**5-6rock right forward**

**7&8right sailor step turn 1/4 right**

**STEP, STOMP, KICK, OUT, OUT, ROCKING CHAIR**

**1-2left step forward, stomp right next to left**

**3&4kick left forward, left out, right out**

**5-6-7-8left rocking chair**

**STEP TURN 1/4 RIGHT, HEEL, HEEL, STEP TURN 1/2 LEFT, STOMP, STOMP**

**1-2step left forward, 1/4 turn right**

**3&4left heel forward, left step next to right, right heel forward**

**5-6step right forward 1/2 turn left**

**7-8stomp right next to left, stomp left next to right**

**REPEAT**

**TAG**

**1-2right step forward, left stomp next to right**

**3-4right stomp next to left, left stomp next to right**

**5-6right step back, left stomp next to right**

**7-8right stomp next to left, left stomp next to right**

**Ending 2<sup>o</sup> wall (at 6:00)**

**RESTART: 5<sup>o</sup> wall after 32 count with modified 31-32: stomp right, stomp left (9:00)**

**Last Update - 8 March 2020**