

Can't Help Myself

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Count: 48

Wall: 4

Level: Intermediate Polka

Choreographer: Guy Dubé, Michel Auclair, Julie Lépine - March 2020

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

Intro : 15 counts.

Sequence : 48,48,8(tag)-48-48-32(restart)-48-16(final)

[1-8] SIDE, CROSS, SIDE, HEEL TOUCH in 1/4 TURN L, TOGETHER, TOUCH, ROCK STEP, RECOVER, SAILOR STEP in 3/8 TURN R

- 1-2 Step R to right, cross step L behind R
- &3 Step R to right, 1/4 turn to left and heel touch L forward - 9 :00
- &4 Step L together R, touch R together L
- 5 Rock step R forward
- 6 Recover on L with rond de jambe R in half-circle from front to back
- 7&8 Cross step R behind L, 3/8 turn to right and step L to left, step R on place - 1 :30

[9-16] ROCK STEP, RECOVER, TOGETHER, HEEL SWITCHES, TOGETHER, ROCK STEP, RECOVER, TRIPLE STEP BACK

- 1-2 Rock step L forward, recover on R
- &3 Step L together R, heel touch R forward
- &4 Step R together L, heel touch L forward
- &5-6 Step L together R, rock step R forward, recover on L
- 7&8 Raise R knee and triple step back with R,L,R - 1 :30

[17-24] 3/8 TURN L, 1/2 TURN L, COASTER STEP, 2X (HEEL-TOGETHER-POINT)

- 1-2 3/8 turn to left and step L forward, 1/2 turn to left and Step R forward - 3 :00**
- 3&4 Step L back, step R together L, step L forward
- 5&6 Heel touch R forward, step R together L, point L to left
- 7&8 Heel touch L forward, step L together R, point R to right

[25-32] CROSS SHUFFLE to L, 1/4 TURN R AND SHUFFLE BACK, ROCK BACK, RECOVER, FULL TURN L

1-2 Raise R knee and cross shuffle to left with R,L,R

3&4 1/4 turn to right and raise L knee and shuffle back with L,R,L - 6 :00

5-6 Rock back R, recover on L

7-8 1/2 turn to left and step R back, 1/2 turn to left and step L forward

Restart: At the 5th repetition of the dance, facing 12 O'clock,

Do the first 32 counts and restart the dance facing 6 O'clock.

[33-40] 2X (STEP-LOCK-STEP), ROCK STEP, RECOVER, SHUFFLE BACK

1&2 Step R forward, step L locked behind R, step R forward

3&4 Step L forward, step R locked behind L, step L forward

5-6 Rock step R forward, recover on L

7&8 Raise R knee and shuffle back with R,L,R

[41-48] SAILOR STEP, SAILOR STEP in 1/4 TURN R, SHUFFLE FWD, KICK-BALL-CHANGE

1&2 Cross step L behind R, step R to right, step L to left

3&4 Cross step R behind L, 1/4 turn to right and step L to left, step R to right - 9 :00

5&6 Raise L knee and shuffle forward with L,R,L

7&8 Kick R forward, ball R together L, step L on place

TAG : After the 2nd repetition of the dance facing 6 O'clock add these 8 counts :

[1-8] ROCK STEP, RECOVER, TRIPLE STEP in FULL TURN R, ROCK STEP, RECOVER, COASTER STEP

1-2 Rock step R forward, recover on L

3&4 Triple step on place R,L,R in full turn right

5-6 Rock step L forward, recover on R

7&8 Step L back, step R together L, step L forward

HAVE FUN AND ENJOY !

GUY, MICHEL & JULIE

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=140654