

# Can't Help Myself

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** S.E.A of love & BaeJungHo (August 2020)

**Music:** Eric Nam (feat. LOCO) - Can't Help Myself (□□□□ )

## Intro: 16 counts

**\*Tag : The End of Wall 2, Hold count 4 (12:00)**

**\*RESTART: During Wall 5, dance up to & including count 32, then restart facing (12.00)**

**S1: Forward Kick, Together Step,(Twice) Monterey 1/4R, Heel Switch, Monterey 1/4L(12:00)**

**1&2&kick R fwd,step R next to L,kick L fwd, step L next to R**

**3-4R Side Point ,1/4R Turn R step (9:00)**

**5&6&L fwd Heel , step L next to R, R fwd Heel ,step R next to L,**

**7-8L Side Point ,1/4L Turn L step (12:00)**

## S2: Diagonal Step, Behind Step at the same time Hitch, Triple (Right Side,Left Side)

**1-2**      Step R Diagonal fwd, Step L Behind Step at the same time R Hitch,

**3&4**      Step R fwd, L Bside R, step R fwd

**5-6**      Step L Diagonal fwd, Step R Behind Step at the same time L Hitch,

**7&8**      Step L fwd, R Bside L, step L fwd

## S3: Jazz Box Cross,Chassee,Back Rock,Recover

**1-2-3-4**      Step R Cross, Step L Back, Step R Side, Step L Cross

**5&6**      Step R to R Side, L next to R, step R to Side,

**7-8**      Step L Back Rock, Step R Recover

## S4: Side, Hold, Behind, Side,Cross,Side with CW Hip,Inplace Touch, Hipbump Twice

**1-2**      Step L to Side, Hold

**&3-4**      Step R behind L,Step L Side, Step R Cross

**5-6**      Step L Side with CW Hip Rolling, Rf Inplace Touch

7-8 On the touched Rf Double Hipbump

**\*RESTART: Wall 5 (12.00)**

**S5: Side Rock with CCW Hip Rolling, 1/4L Turn Hook, Forward Shuffle, Forward Rock.Recover,Back Shuffle**

1-2 Step R to R side with CCW Hip rolling, Lf 1/4L Hook,(9:00)

3&4 Step L Forward, Step R next to L,Step L Forward

5-6 Step R Forward Rock, Step L recover,

7&8 Step R back, Step L next to R, Step R back

**S6: Back Out,Out, Hold,Back Out,Out, Hold,Apple Jack**

&1-2 Step L Back Out, Step R Back Out,Hold

&3-4 Step L Back Out, Step R Back Out,Hold

**On ball of L and heel of R swivel L heel L and R toes R, return to centre**

5& Lf Heel to the R at the same time Rf Toe R , return to centre

6& Rf Heel to the L at the same time Lf Toe L , return to centre

7& Lf Heel to the R at the same time Rf Toe R , return to centre

8 Rf Heel to the L at the same time Lf Toe L

**-Easy Option: 5-8 Twist heels swivel R, L, R, L (weight on L)**

**S7: , Step R In place Body Roll, 1/4 L Turn Fwd Body Roll,Cross, Unwind Full Turn**

1-2 Step R In place Body Roll

**3-4 1/4 L Turn Forward Step Body Roll (6:00)**

5-8 Step R across L, Unwind Full Turn L(Weight on L)

**S8: Side Stomp,Stomp, Sailor,Behind,Side,Cross,Side,Cross,Touch**

1-2 Rf Side Stomp, Stomp

3&4 Step R Across Behind L, Step L Side, Step R Side

5&6& Step L Across Behind R,Step R Side,Step R Across, Step L Side

7-8 Step R Across L, Touch L toes to Beside R

**Enjoy The Dance**

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