

Can't Help Myself

LINEDANCE.COM

Count: 48

Wall: 2

Level: Intermediate

Choreographer: David Ackerman (USA) & Kayla Cosgrove (USA) - June 2021

Music: - Dean Brody & The Reklaws

Intro: 32 counts from when beat kicks in (approx: 26 seconds)

S1: KICK FORWARD, KICK SIDE, TOE BACK, KICK, BEHIND, SIDE, CROSS, SIDE

- 1-2 Kick right forward, kick right to right side
- 3-4 Touch right toe behind left left, kick right to right diagonal
- 5-6 Step right behind left, step left to left side
- 7-8 Cross right over left, Step to left side [12:00]

S2: ROCK, RECOVER, CHASSE RIGHT 1/4 LEFT, STEP BACK, HOOK, WALK WALK

- 1-2 Rock back on right, recover on left
- 3&4 Step right to right side, close left next to right, 1/4 left stepping back on right [9:00]
- 5-6 Step back on left, hook right in front of left
- 7-8 Step forward on right, step forward on left

***Restart here during Wall 4 (facing the back wall)**

S3: RIGHT TOE STRUT, TURN LEFT TOE STRUT, KICK BALL, BOOGIE WALKS X3

- 1-2 Touch right toe forward, step down on right heel
- 3-4 Turn 1/2 left touching left toe forward, step down on left heel [3:00]
- 5& Kick slightly out to the right, step in place on ball of right,
- 6,7,8 Walk forward left, right, left (styling: softening the knees and keeping them both together swinging them from left to right to left as you walk forward left, right left.)

S4: ROCK FORWARD, RECOVER, 1/2 TURN TOE STRUT X2, ROCK BACK, RECOVER

- 1-2 Rock forward on right, recover on left
- 3-4 1/2 turn right touching right toe forward, step down on right heel**
- 5-6 1/2 turn right touching left toe back, step down on left heel**

(Easier option for counts 3,4,5,6: Right toe strut back, left toe strut back)

7-8 Rock back on right, recover on left [3:00]

TAGS: 4 count tag needed at the end of Walls 8 & 12 (facing the back wall)

JAZZ BOX

1-2 Cross right over left, step back on left

3-4 Step right to right side, step forward on left

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=151661