

# Can't Help

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**Count:** 32      **Wall:** 2      **Level:** Beginner - Single or Contra

**Choreographer:** Rhoda Lai , Canada - Sept 2014

**Music:** "Can't Help" by Parachute (3:24)

**This dance can be done as a 2-wall line dance or a contra dance with hand gestures making it more fun to do so.**

**Intro: 40 counts**

**Contra starting position:**

**Dance starts with lines facing each other and 3 feet apart. The third row of dancers should be 3 feet apart from the second row in order to have interactions between rows.**

**S1: (L Side, R Tap; R Side, L Touch/Clap Clap)x 2**

**12step L to the side; tap R toe far behind L while bending L knee snapping fingers downward with right hand**

**3&4step R to the side, touch L next to R and clap, clap**

**56repeat 12**

**7&8repeat 3&4**

**S2: L Shuffle Fwd, R Mambo 1/2 R, L Shuffle Fwd, R Fwd Pivot 1/2 Step**

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

**3&4rock fwd R (Contra: touching each other's R hand with a light push), recover onto L, 1/2 R stepping R fwd**

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

**7&8step R fwd (Optional: you'll be facing another dancer, Hi five with each other), 1/2 L step L fwd, step R fwd**

**S3: L Shuffle Fwd, R Shuffle Fwd, L Cross-side-back, R Back-side-cross**

**1&2step L fwd, step R next to L, step L fwd (start passing your partner on your right shoulder)**

**3&4step R fwd, step L next to R, step R fwd**

**5&6cross L over R, step R the side, step L back (same Optional Hi five gesture when you meet your friend!)**

**7&8step back R, step L to the side, cross R over L**

**S4: L Side Rock, L Cross Rock, L Sailor 1/2 L, (R Bump Hip /L Arm Up ) X2**

**12rock L to the side (push L hip out), recover onto R**

**34cross L over R, recover onto R**

**5&6step L behind R, 1/2 L step R slightly to the side, step L next to R**

**78bump hip to the R twice while raising L arm up twice**

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