

CAN'T HELP MYSELF

LINEDANCE.COM

Count: 56 **Wall:** — **Level:** —

Choreographer: Ann Williams

Music: Can't Help Myself by Eddie Rabbitt

Position: Start In Right Side by Side position (Sweetheart)

WALK, WALK, ROCK, RECOVER, CROSS, POINT, CROSS, POINT

- 1-2 Walk forward on left, right
- 3-4 Step and rock forward on left, recover onto right
- 5-6 Step left forward, point right out to right side
- 7-8 Step right forward, point left out to left side

JAZZ BOX ¼ TURN TWICE

- 9-12 Step and cross left over right, step right back, step onto left making ¼ turn left, step right forward

Release left hands, raise right and pass over lady's head and lower behind man's back, rejoin left hands behind man's back

- 13-16 Step and cross left over right, step right back, step onto left making ¼ turn left, touch right beside left

SHUFFLE, STEP, PIVOT, TRIPLE STEP, (LADY TURNS) ROCK, RECOVER

- 17&18 Right shuffle forward
- 19-20 Step left forward, release left hands, raise right, pivot ½ turn right

Rejoin left hands in front, pass right hands over lady's head as she turns

21&22MAN: Triple step in place, left, right, left

LADY: Triple step on left, right, left make ½ turn right to face man

Raise & pass left hands over lady's head as she turns, hands now crossed in front, left over right

- 23-24 Step and rock forward on right, (lady rocks back) recover onto left, (lady rocks forward)

ROCK, RECOVER, (LADY STEP, PIVOT) TRIPLE STEP, (LADY TURNS)

25-26MAN: Step and rock back on right, recover onto left

LADY: Step right forward, pivot ½ turn left

Raise left hands over lady's head into Right Side By Side Position

27&28MAN: Triple step in place on right, left, right

LADY: Triple step on right, left, right making ½ turn left to face man

Raise and pass right hands over lady's head as she turns, hands now crossed in front

ROCK, RECOVER, ROCK, RECOVER, (LADY STEP, PIVOT) SHUFFLE

29-30 Step and rock forward on left, (lady rocks back) recover onto right, (lady rocks forward)

31-32MAN: Step and rock back on left, recover onto right moving slightly to right

LADY: Step left forward to man's left side, pivot ½ turn right

Raise and pass right hands over lady's head into Left Side By Side Position

33&34 Left shuffle forward

SHUFFLE, SHUFFLE, STEP, PIVOT, STEP, PIVOT

35-38 Right shuffle forward, left shuffle forward

39-40 Step right forward, pivot ½ turn left

Release right hands, raise left

41-42 Step right forward, pivot ½ turn left

Rejoin right hands, lower left back in Left Side By Side Position

SHUFFLE, SHUFFLE, WALK X 4, (LADY TURNS)

43-46 Right shuffle forward, left shuffle forward

47-50MAN: Walk forward on right, left, right, left, weight on left

LADY: Step forward on right, left, right, left making a full turn left and moving to man's right side

Raise right hands, release left as lady turns, rejoin in right side by side at end of turn

SHUFFLES FORWARD

51-56 Right shuffle forward, left shuffle forward, right shuffle forward

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=61016