

I Can't Help Myself

LINEDANCE.COM

Count: 64 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: Tim Gauci , BROKEN HILL, NSW 2880 - July 2015

Music: Bad Habits - Billy Field. Album: iTunes single (3:27)

Begin dance 16 beats in, on lyrics - No Tags/Restarts!

[1-8] STEP, TOUCH, SIDE STRUT, BEHIND, SIDE, CROSS 12.00

1234 Step L to L, touch R tog, touch R toe to R, place R heel to floor

5678 Step L behind R, step R to R, cross L over R, hold

[9-16] STEP, TOUCH, SIDE STRUT, BEHIND, SIDE, CROSS 12.00

1234 Step R to R, touch L tog, touch L toe to L, place L heel to floor

5678 Step R behind L, step L to L, cross R over L, hold

[17-24] SIDE, TOG, FWD, HOLD, FWD, ROCK, BACK, HOLD 12.00

1234 Step L to L, step R tog, step L fwd, hold

5678 Step R fwd, rock weight back onto L, step R back, hold

[25-32] BACK, TOG, CROSS, HOLD, SIDE, TOG, FWD, HOLD 12.00

1234 Step L back, step R tog, step L across R, hold

5678 Step R to R, step L tog, step R fwd, hold

[33-40] ROCKING CHAIR, STEP, PIVOT ½, STEP, HOLD 6.00

1234 Step L fwd, rock weight back onto R, step L back, rock weight fwd onto R

5678 Step L fwd, pivot ½ turn R, step L fwd, hold

[41-48] ½, ¼, CROSS, HOLD, SIDE, TOG, CROSS, HOLD 9.00

1234 Making ½ turn L step R back, making ¼ turn L step L to L, cross R over L, hold

5678 Step L to L, step R tog, cross L over R

[49-56] SIDE, TOG, SIDE, HOLD, BACK, ROCK, SIDE, HOLD 9.00

1234 Step R to R, step L tog, step R to R, hold

5678 Step L back/behind R, rock weight fwd onto R, step L to L, hold

[57-64] BEHIND, SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS, HOLD 9.00

1234 Step R behind L, step L to L, step R across L, step L to L

5678 Step R behind L, step L to L, step R across L, hold

[64] Beats Repeat dance in new direction

Enjoy

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