

CAN'T HELP MYSELF

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Count: 32 **Wall:** 4 **Level:** Intermediate level

Choreographer: Neville Fitzgerald & Julie Harris

Music: Groove Tonight by Nicole Scherzinger (feat Mannie Fresh)

Starts after 16 Counts Step, Rock & Step, Cross, 1/4, Hitch 1/4, Cross, 1/4, 1/4, Cross.

- 1-2** Step Left diagonally forward Left, Rock Right over Left. (11.00)
- &3-4** Recover on Left, step back on Right, cross step Left over Right.
- 5-6** Make just over 1/4 turn Right stepping forward Right (3.00), Hitch Left knee as you make 1/4 turn Right on ball of Right (6.00).
- 7** Cross step Left over Right.
- 8&1** Make 1/4 turn Left stepping back on Right, 1/4 turn Left stepping Left to Left side, cross step Right over Left. (12.00)

Sway, Sway, Behind 1/4 Rock, Rock, Step, Step 1/2 Pivot Step.

- 2-3** Step Left to Left side swaying hips Left, step Right to Right side Swaying hips Right.
- 4&5** Cross step Left behind Right, make 1/4 turn Right stepping forward on Right, Rock forward on Left pushing hips forward. (3.00)
- 6-7** Recover on Right pushing hips back, step forward on Left.
- 8&1** Step forward on Right, pivot 1/2 turn to Left, step forward on Right. (9.00)

1/2 , 1/4 , Rock & Side, Behind Dip, Cross, Rock & Cross.

- 2-3** Make 1/2 turn to Right stepping back on Left, 1/4 turn Right stepping Right to Right side. (6.00)
- 4&5** Cross rock Left behind Right, recover on Right, step Left to Left side.
- 6-7** Cross step Right behind Left as you bend knees (almost sit), cross step Left over Right.
- 8&1** Rock Right to Right side, recover on Left, cross step Right over Left.

Back, Together, Left Lock Step, Step, 1/4 Pivot, Cross.

- 2-3** Step back on Left, step Right next to Left,
- 4&5** Step forward on Left, lock Right behind Left, step forward on Left.
- 6-7** Step forward on Right, pivot 1/4 turn to Left. (3.00)
- 8** Cross step Right over Left as if walking into diagonal Left corner.

