

CAN'T HELP MYSELF

LINEDANCE.COM

Count: 32

Wall: 2

Level: intermediate

Choreographer: Jan Wyllie

Music: I Can't Help Myself by Eddie Rabbitt

- 1-2** Rock forward on left, rock back on right
- 3-4** Step back on left, hold
- 5-6** Rock back on right, rock forward on left
- 7-8** Step forward on right and pivot $\frac{1}{4}$ turn left, transfer weight to left
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- 9-10** Step right across in front of left, touch left toe to left side - swing arms to left & click fingers
- 11-12** Step left across in front of right, touch right toe to right side - swing arms to the right
- 13-14** Step right across in front of left, touch left toe to left side - swing arms to the left
- 15** Drop left heel to ground
- &** Raise left heel
- 16** Drop left heel to ground while making $\frac{1}{4}$ turn left - weight on left
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- 17-18** Rock forward on right, rock back on left
- 19&20** Step back on right, step left beside right, step forward on right (coaster)
- 21-22** Step forward on left, pivot $\frac{1}{2}$ turn right transferring weight to right
- 23&24** Shuffle forward left-right-left
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- 25-26** Rock forward on right, rock back on left
- 27-28** Step back on right, lock left in front of right
- 29-30** Step back on right, step back on left making a $\frac{1}{2}$ turn left (it becomes a step forward)
- 31&32** Shuffle forward right-left-right

REPEAT