

I Can't Help Myself



Choreographed by: Séverine Fillion (FR - March 2020)
Music: **Can't Help Myself** by **Dean Brody & The Reklaws**
Type: 2 wall, 48 counts
Level: Intermediate

NOTES Intro: 16 counts, TAG at the end of wall 2, RESTART during wall 5

[1 – 8] SIDE, BEHIND & HEEL & CROSS, V STEP + CLAPS (except on the first wall)

1 – 2 Step right to right side, step left behind right.
&3&4 Step right to right side, touch left heel diagonally left forward, recover onto left, cross right over left.
5&6& Step left diagonally left forward, clap (&), step right diagonally right forward, clap (&).
7 & 8 Recover stepping back on left, clap (&), step right next to left.

[9 – 16] SIDE, BEHIND & HEEL & CROSS, V STEP + CLAPS (except on the first wall)

1 – 2 Step left to left side, step right behind left.
&3&4 Step left to left side, touch right heel diagonally right forward, recover onto right, cross left over right.
5&6& Step right diagonally right forward, clap (&), step left diagonally left forward, clap (&).
7 & 8 Recover stepping back on right, clap (&), step left next to right.

[17 – 24] WIZARD STEPS DIAGONALLY FORWARD, ½ TURN PIVOT, TRIPLE FULL TURN LEFT

1 – 2& Step right diagonally right forward, lock left behind right, step right diagonally right forward.
3 – 4& Step left diagonally left forward, lock right behind left, step left diagonally left forward.
5 – 6 Step right forward, make ½ turn pivot left. [6:00]
7 & 8 Triple step right-left-right forward making full turn left. [6:00]

[25 – 32] ROCK FORWARD, COASTER-STEP, PADDLE FULL TURN LEFT

1 – 2 Rock left forward, recover onto right.
3 & 4 Step back on left, step right next to left, step left forward.
5 – 8 In place 4 times: ¼ turn left and touch right toe to right side (make a full turn). [6:00]

RESTART Here during 5th wall when facing 6 o'clock

[33 – 40] CROSS, SIDE, SAILOR-STEP, CROSS, SIDE, SAILOR-STEP ¼ TURN LEFT

1 – 2 Cross right over left, step left to left side.
3 & 4 Step right behind left, step left to left side, step right to right side.
5 – 6 Cross left over right, step right to right side.
7 & 8 Step left behind right, make ¼ turn left stepping right to right side, step left forward. [3:00]

[41 – 48] KICK-BALL, SIDE ROCK, KICK-BALL-POINT, WEAVE, HEEL SWITCH 1/4 TURN R

1&2& Kick right forward, step right next to left, rock left to left side, recover onto right.
3 & 4 Kick left forward, step left next to right, point right toe to right side.
5&6& Step right behind left, step left to left side, cross right over left, step left to left side.
7&8& Make ¼ turn right touching right heel forward, step right next to left, touch left heel forward, step left next to right. [6:00]

TAG At the end of wall 2 when facing 12 o'clock: (SIDE, BEHIND, &HEEL, &CROSS) TWICE

1 – 4 Step right to right side, step left behind right, step right to right side, touch left heel forward, step left next to right, cross right over left.
5 – 8 Repeat to the left.