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## I Can't Help Myself

64 Count, 4 Wall, Intermediate

Choreographer: Tim Gauci (AU) July 2015

Choreographed to: Bad Habits by Billy Field (3.27)

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### 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