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Can't Help Myself

BEGINNER

32 Count 4 Walls

Choreographed by: John Edwards

Choreographed to: I can't Help Myself by The Four Tops

Section 1 RT Side Behind Side Cross,Heel Ball Cross,Side Tap

- 1 - 4 Step right to right side, Step left behind right, Step right to side, Cross left over right.
5 & 6 Step right heel diagonally forward, Replace RT & Cross left over right,
7 - 8 Step right to right side, Touch left next to right.

Section 2 LT Side Behind Side Cross,Heel Ball Cross,Side Tap

- 1 - 4 Step left to left side, Step right behind left, Step left to side, Cross right over left.
5 & 6 Step LT Heel Diagonally Fwd, Replace LT & Cross RT Over LT
7 - 8 Step LT to Side, Touch RT Next to LT

Section 3 Walk Forward x 3 Kick,Walk Back 2,Coaster Step

- 1 - 4 Walk Forward right, left, right, Kick left forward.
5 - 6 Walk Back left, right.
7 & 8 Step back on left, Step together on right, Step forward on left.

Section 4 Step Pivot x 2 , Rocking Chair

- 1 - 4 Step forward on right, Pivot 1/2 turn left, Step forward on left, Pivot 1/4 turn left.
5 - 8 Rock forward on right, Recover on left, Rock back on right, Recover on left

Start again