

Can't Help

32 Count, 2 Wall, Beginner

Choreographer: Rhoda Lai (CA) June 2014

Choreographed to: Can't Help by Parachute

40 counts, Starting position stand facing your partner. One of you will be standing back to back with a 3rd person (other pair) in order to perform some of the hand motions in the dance.

(L Side, R tap; R Side, L Touch/clap Clap) x 2

- 12 Step L to the side; tap R toe far behind L, bending L knee
- 3&4 Step R to the side, touch L next to R and clap, clap
- 56 Step L to the side; tap R toe far behind L, bending L knee
- 7&8 Step R to the side, touch L next to R and clap, clap

L Shuffle Fwd, R Mambo 1/2 R, L Shuffle Fwd, R Fwd Pivot 1/2 Step

- 1&2 Step L fwd, step R next to L, step L fwd
- 3&4 Step R fwd touching each other's R hand, recover onto L, 1/2 R stepping R fwd
- 5&6 Step L fwd, step R next to L, step L fwd
- 7&8 Step R fwd (you'll be facing one of the other pair of dancers - Hi five with each other), 1/2 L step L fwd, step R fwd

L Shuffle Fwd, R Shuffle Fwd, L Cross-side-back, R Back-side-cross

- 1&2 Step L fwd, step R next to L, step L fwd
- 3&4 Step R fwd, step L next to R, step R fwd
- 5&6 Cross L over R, step R the side, step L behind R (same Hi five gesture when you meet your friend!)
- 7&8 Step R behind L, step L to the side, cross R over L

L Side Rock, L Cross Rock, L Sailor 1/2 L, (R Bump Hip /L Arm Up) X2

- 12 Rock L to the side (pressing L hip), recover onto R (pressing R hip)
- 34 Cross L over R, recover onto R
- 5&6 Step L behind R, 1/2 L step R slightly to the side, step L next to R
- 78 Bump hip to the R while holding L arm up X2