

Can't Help Myself (En)

Chorégraphe : Chalon Laurent – Belgium – February 2019

Type de danse : 4 walls – 32 counts – 2 Restarts

Intro : 16 counts

Niveau : improver

Musique : Can't Help Myself by Dan Davidson - <https://youtu.be/EMQCPrCbajo>

Vidéo : <https://youtu.be/8OIdzdVnFn8>



Section 1: Cross, Behind, Chassé R, Rocking Chair, Step Lock Step

1 RF, Cross over LF
 2 LF, Behind RF
 3&4 RF, Chassé right
 5 LF, Rock Forward
 & RF, Recover
 6 LF, Rock back
 & RF, recover
 7&8 LF, Step Lock Step

Section 2: Step Fwd, Tap Toe Back, Step Back, Kick, ¼ turn R Side step, Touch, Side Step, Coaster Step, Pivot ½ turn L, LF Together, Step Fwd

1 RF, Step Forward
 & LF, Tap Toe behind RF
 2 LF, Step Back
 & RF, Kick
 3 RF, ¼ turn Right, Side step to the right (3h)
 & LF, Touch next to RF
 4 LF, Side Step to the left
 5&6 RF, Coaster Step
 7 RF+LF, Pivot ½ turn to the left (9h)
 & RF, Next to LF
 8 LF, Step Forward*

**Restart wall 3 (3h)*

Option counts &8

& RF, ½ turn to the left, Step back (3h)
 8 LF, ½ turn to the left, Step Forward (9h)

Section 3: Step Fwd, Tap Toe Back, Step Back, Kick, Behind Side Cross, Side Step, Touch, Side Point, Touch, Point fwd, Touch, Side Point

1 RF, Step forward
 & LF, Tap Toe Behind RF
 2 LF, Step Back
 & RF, Kick
 3&4 RF, Behind Side Cross
 5 LF, Side Step to the left
 & RF, Touch next to LF
 6 RF, Side Point to the right
 & RF, Touch next to LF
 7 RF, Point Forward
 & RF, Touch next to LF
 8 RF, Side Point to the Right**

***Restart wall 4 (12h)*

Section 4: Coaster Step, LF Together, Step fwd, Step Fwd, Mambo Fwd, Step Back, Step Back, LF Together

1&2 RF, Coaster Step
 & LF, Next to RF
 3 RF, Step Forward
 4 LF, Step Forward
 5 RF, Mambo Forward
 & LF, Recover
 6 RF, Step Back
 7 LF, Step Back
 8 RF, Step Back
 & LF, Next to RF

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