Can't Help Myself

Count: 48 **Wall:** 4 **Level:** Intermediate Polka
Choreographer: Guy Dubé (CAN), Michel Auclair (CAN) & Julie Lépine - March 2020
Music: Can't Help Myself - Dean Brody & The Reklaws

Intro : 15 counts.
Sequence : 48,48,8(tag)-48-48-32(restart)-48-16(final)

[1-8] SIDE, CROSS, SIDE, HEEL TOUCH in 1/4 TURN L, TOGETHER, TOUCH, ROCK STEP, RECOVER, SAILOR STEP in 3/8 TURN R

1-2	Step R to right, cross step L behind R
&3	Step R to right, 1/4 turn to left and heel touch L forward - 9 :00
&4	Step L together R, touch R together L
5	Rock step R forward
6	Recover on L with rond de jambe R in half-circle from front to back
7&8	Cross step R behind L, 3/8 turn to right and step L to left, step R on place - 1 :30

[9-16] ROCK STEP, RECOVER, TOGETHER, HEEL SWITCHES, TOGETHER, ROCK STEP, RECOVER, TRIPLE STEP BACK

1-2	Rock step L forward, recover on R
&3	Step L together R, heel touch R forward
&4	Step R together L, heel touch L forward
&5-6	Step L together R, rock step R forward, recover on L
7&8	Raise R knee and triple step back with R,L,R - 1 :30

[17-24] 3/8 TURN L, 1/2 TURN L, COASTER STEP, 2X (HEEL-TOGETHER-POINT)

1-2 3	/8 turn to left and step L forward, 1/2 turn to left and Step R forward - 3 :00
3&4	Step L back, step R together L, step L forward
5&6	Heel touch R forward, step R together L, point L to left
7&8	Heel touch L forward, step L together R, point R to right

[25-32] CROSS SHUFFLE to L, 1/4 TURN R AND SHUFFLE BACK, ROCK BACK, RECOVER, FULL TURN L

1-2	Raise R knee and cross shuffle to left with R,L,R
3&4	1/4 turn to right and raise L knee and shuffle back with L,R,L - 6 :00
5-6	Rock back R, recover on L
7-8	1/2 turn to left and step R back, 1/2 turn to left and step L forward

Restart: At the 5th repetition of the dance, facing 12 O'clock,
Do the first 32 counts and restart the dance facing 6 O'clock.

[33-40] 2X (STEP-LOCK-STEP), ROCK STEP, RECOVER, SHUFFLE BACK

1&2	Step R forward, step L locked behind R, step R forward
3&4	Step L forward, step R locked behind L, step L forward
5-6	Rock step R forward, recover on L
7&8	Raise R knee and shuffle back with R,L,R

[41-48] SAILOR STEP, SAILOR STEP in 1/4 TURN R, SHUFFLE FWD, KICK-BALL-CHANGE

1&2	Cross step L behind R,step R to right, step L to left
3&4	Cross step R behind L, 1/4 turn to right and step L to left, step R to right - 9 :00
5&6	Raise L knee and shuffle forward with L,R,L
7&8	Kick R forward, ball R together L, step L on place

TAG : After the 2nd repetition of the dance facing 6 O'clock add these 8 counts :

[1-8] ROCK STEP, RECOVER, TRIPLE STEP in FULL TURN R, ROCK STEP, RECOVER, COASTER STEP

1-2	Rock step R forward, recover on L
3&4	Triple step on place R,L,R in full turn right
5-6	Rock step L forward, recover on R
7&8	Step L back, step R together L, step L forward

HAVE FUN AND ENJOY !
GUY, MICHEL & JULIE
