

CAN'T HELP MYSELF



Level: Easy Intermediate **Genre:** Country
Artist: Dean Brody & The Reklaws
Choreo: Annette Cornish Adelaide Bluegrass Cloggers
Speed: 100% **Length:** 2.38 min
Sequence: A, BRDG, B, CH, A, BRDG, B, CH* BRK, B, CH**
Wait: 16 beats

Quick Cues

Part A (32 beats)

16 Slur Twisty Basic (L & R)
16 2 Crazy Step (1/2 L ea)

Bridge (16 beats)

16 2 Samantha (1/2 R ea)

Part B (32 beats)

8 Rawhide
4 Pivot Chain (1/2 L)
4 Burton Stamp (Rft)
16 REPEAT

Chorus (24 beats)

16 2 Mountain Goat Toe Slide
(1/2 L ea)
8 2 Slide Basic (L & R)

Part A (32 beats)

16 Slur Twisty Basic (L & R)
16 2 Crazy Step (1/2 L ea)

Bridge (16 beats)

16 2 Samantha (1/2 R ea)

Part B (32 beats)

8 Rawhide
4 Pivot Chain (1/2 L)
4 Burton Stamp (Rft)
16 REPEAT

Chorus* (32 beats)

16 2 Mountain Goat Toe Slide
(1/2 L ea)
16 2 Loop Vine (L & R)

Quick Cues

Break (16 beats)

4 Stepping Jazz Box (1/2 L)
4 2 Kick
4 Stepping Jazz Box (1/2 L)
4 2 Kick

Part B (32 beats)

8 Rawhide
4 Pivot Chain (1/2 L)
4 Burton Stamp (Rft)
16 REPEAT

Chorus** (32 beats)

32 4 Mountain Goat Toe Slide
(1/4 L ea)



Step Definitions - Can't Help Myself

SLUR TWISTY BASIC:

DS (OTS) SLR-S (XIB) BA (OTS) BA (XIF) BA (OTS) S (XIB) DS (OTS) SLR-S (XIB) DS RS
L R R L R L R L R R L RL
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

CRAZY STEP:

[DS DS DS-DR/K SL] (FWD) RS DS RS K/DR-SL
L R L L/R L RL R LR L/R R
&1 &2 &3 & 4 &5 &6 &7 & 8

SAMANTHA:

DS DS (XIF) DR S (BK) DR S (BK) RS DS DS RS
L R R L L R LR L R LR
&1 &2 & 3 & 4 &5 &6 &7 &8

RAWHIDE:

DS R S-DR S (XIF) R S-DR S (OTS) R S-DR S (XIF) RS
L R L L R L R R L R L L R LR
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

PIVOT CHAIN:

DS [RS RS RS] (TURN)
L RL RL RL
&1 &2 &3 &4

BURTON STAMP:

DS STA H STA H STA H (ANGLE L OR R)
R L R L R L R
&1 & 2 & 3 & 4

MOUNTAIN GOAT TOE SLIDE:

DS BA (XIF) BA (OTS) BA (OTS) BA (XIF) BA (XIB) SL RS BA-SL RS BA-SL
L R L R L R R LR L L RL R R
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

SLIDE BASIC:

DS-SL S (XIB) DS RS
L L R L RL
&1 & 2 &3 &4

LOOP VINE:

DS-SL/LOOP-S (XIB) DS DS (XIF) DS-SL/LOOP-S (XIB) DS RS
L L / R R L R L L / R R L RL
&1 & 2 &3 &4 &5 & 6 &7 &8

STEPPING JAZZ BOX:

(P) S (P) S (XIF) (P) S (XIB) (P) S (BS)
L R L R
& 1 & 2 & 3 & 4

KICK:

DS K H
L R L
&1 & 2