

I CAN'T HELP MYSELF

Music: Jessica Mauboy
www.amazon.com/ITheSapphires
Track # 4 Time 2:44 Slow Down w/ -5%
Available from choreographer

Rhythm: Cha Cha Phase: IV+1+1U (OP Hip Twist + Start Stop & Go Into X-Body)

Footwork: Opposite except where (Noted)

Release Date: June 17

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Sequence: INTRO ABC A D A(1-8) A(1-8) END



INTRO

01-02 LOW BFLY POS WALL NO HANDHOLD LEAD FOOT FREE WAIT 2 MEASURES ; ;

{Wait} LOW BFLY POS WALL no hndhld ld ft free wt 2 meas ; ;

03-06 CHASE / W UNDERARM PASS TWICE ; ; ; ;

{Chase /W Underarm Pass x 2} Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R twd M's L sd), -; Bk R raisg ld hnds, rec L, sd R/cl L, sd R (W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L) to LOP COH, -; Repeat meas 3,4 Intro to BFLY WALL ; ;

PART A

01-04 OP HIP TWIST INTO a FAN ; ; START STOP & GO INTO a CROSS BODY ; ;

{OP Hip Twist} Chk fwd L, rec R, small bk L/cl R, bk L pushing arm forward gently to turn W (W rk bk R, rec L, fwd R/fwd L, fwd R swivel ¼ RF on right) ; Bk R, rec L, small sd R/cl L, sd R slight LF rotation twd W (W fwd L, fwd R turn ½ LF, bk L/lk Rif, bk L) ; {Start Stop & Go Into Cross Body} Fwd L, rec R, sd L/cl R, sd L lead W trn LF under ld hnds (W cl R, fwd L, fwd R/XLib, fwd R quick LF trng under ld hnds fc LOD) ; Bk R comm LF to CP, rec L cont LF trn, sd R/cl L, sd R (W fwd L comm LF turn to CP, sd R cont LF turn, sd L/cl R, sd L) to BFLY COH ;

05-08 SPOT TURN ; CRABWALKS ; ; SPOT TURN ;

{Spot Turn} XLif (W XRif) trng ½ RF, rec R contg to trn tof c ptr, sd L/cl R, sd L ; {Crabwalks} XRif (W XLif), sd L, XRif (W XLif) sd L, XRif (W XLif) ; Sd L, XRif (W XLif), sd L/cl R, sd L ; {Spot Turn} XRif (W XLif) trng ½ LF, rec L contg to trn to fc ptr, sd R/cl L, sd R ;

09-12 ALEMANA INTO a LARIAT/M TURN to FACE ; ; ; SIDE WALK HALF ;

{Alemana Into a Lariat/M Turn in Place} Fwd L, rec R, sm sd L/cl R, sd L (W cl R, fwd L, fwd R/lk Lib, fwd R trng RF to fc M) ; Raisg jnd ld hnds XRif, rec L, sd R/cl L, sd R (W trng RF undr jnd hnds fwd L & swvl RF, fwd R & swvl RF, fwd L/lk Rib, fwd L) to end W slightly offset twd M's R sd ; Sd L, rec R, ipl L, R, L swvlg ½ LF to fc ptr (W circ cw arnd M fwd R, fwd L, fwd R/lk Lib, fwd R swivel ¼ RF to fc ptr) ; {Sd Walk Half} Sd L, cl R, sd L/cl R, sd L to BFLY WALL ;

13-16 REVERSE UNDERARM TURN ; AIDA ; SWITCH CLOSE & CHA ; FENCE LINE ;

{Reverse Underarm Turn} Raisg jnd ld hnds XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L (W full LF trn undr jnd hnds XRif, rec L, fwd & sd R/cl L, sd R) to BFLY ; {Aida} Thru R to fc LOD xg R hnd ovr L, sd L trng ½ RF to LOP RLOD, bk R/lk Lif, bk R to V bk-to-bk ; {Switch Close & Cha} Trng LF to fc ptr bk & sd L, cl R, sd L/cl R, sd L ; {Fence Line} XRif (W XLif) w/ bent knee, rec L, sd R/cl L, sd R to BFLY WALL ;

PART B

01-04 SHOULDER to SHOULDER TWICE ; ; FENCE LINE INTO A FAN ; ;

{Shoulder to shldr x 2} Fwd L to SCAR, rec R to fc, sd L/cl R, sd L ; Fwd R to BJO, rec L to fc, sd R/cl L, sd R ; {Fence Line Into a Fan} XLif (W XRif) w/ bent knee, rec R, sd L/cl R, sd L ; Bk R, rec L, XRIF/rec L, sd R (W fwd L, fwd R swvlg ½ LF, bk L/XRIF, bk L) to FAN POS M fcg WALL W fcg RLOD ;

05-08 HOCKEY STICK ; ; TIME STEP TWICE ; ;

{Hockey Stick} Fwd L, rec R, sip L/R, L brg jnd ld hnds in front of forehead (*W cl R, fwd L, fwd R/Ik L, fwd R*) ; sm bk R maintaining fwd poise, rec L, fwd R/cl L, fwd R trng body RF to LOP RLOD (*W fwd L, fwd R to BFLY twd DRW, swvlg on R toe in sprl action sharply trn 3/4 LF bk L/Ik R, bk L trng bdy twd RLOD*) ; **{Time Step x 2}** [Relsg hnds] XLIB (*W XIB*), rec R, sd L/cl R, sd L ; XRIB (*W XIB*), rec L, sd R/cl L, sd R to LOP-FCG WALL ;

PART C

01-04 CHASE/M TURNS 4 TIMES ; ; ; ;

{Chase/M Turns 4 Times} Fwd L trng ½ RF, rec R, fwd L/Ik Rib, fwd L (*W bk R, rec L, fwd R/Ik Lib, fwd R*) ; Fwd R trng ½ LF, rec L, fwd R/Ik Lib, fwd R (*W fwd L trng ½ RF, rec R, fwd L/Ik Rib, fwd L*) ; Fwd L trng ½ RF, rec R, fwd L/Ik Rib, fwd L (*W fwd R trng ½ LF, rec L, fwd R/Ik Lib, fwd R*) ; Fwd R trng ½ LF, rec L, fwd R/Ik Lib, fwd R (*W fwd L, rec R, bk L/Ik Rif, bk L*) to BFLY WALL ;

05-08 NEW YORKER ; 3 ALTERNATING UNDERARM TURNS W – M & W ; ; ;

{New Yorker} Thru L to LOP RLOD, rec R to fc, sd L/cl R, sd L ; **{3 Alternating Underarm Turns W-M-W}** Raisg jnd ld hnds XRib, rec L to fc ptr, sd R/cl L, sd R (*W XLif trng RF undr jnd hnds, rec R contg RF trn, sd L/cl R, sd L*) to mom BFLY WALL ; [join trailing hnds] Raisg trl hnds XLif trng RF undr jnd hnds, rec R contg RF trn, sd L/cl R, sd (*W XRib, rec L to fc ptr, sd R/cl L, sd R*) ; [join lead hnds] Repeat meas 6 Part C ;

REPEAT PART A

PART D

01-04 OP BREAK ; WHIP to COH ; KICK to 4 TWICE ; ;

{OP Break} Strong bk L (*W strong bk R*) xtndg trl hnd straight up, rec R, sd L/cl R, sd L ; **{Whip to COH}** Bk R trng LF & Idg W acrs, rec L contg LF trn (*W fwd L trng LF & xg in frt of M, fwd & sd R contg LF trn, sd L/cl R, sd L*) sd R/cl L, sd R to BFLY COH ; **{Kick to 4 x 2}** Swvlg RF on R ft kck L thru twd LOD, swvlg LF on R ft fold L leg at knee to form figure 4, twd RLOD fwd L/Ik Rib, fwd L ; Swvlg LF on L ft kck R thru twd RLOD, swvlg RF on L ft fold R leg at knee to form figure 4, twd LOD fwd R/Ik Lib, fwd R to BFLY COH ;

05-06 OP BREAK ; WHIP to WALL ;

{OP Break} Repeat meas 1 Part D ; **{Whip to WALL}** Repeat meas 2 Part D to BFLY WALL ;

REPEAT PART A (1-8) to COH ; ; ; ; ; ; ; ;

REPEAT PART A (1-8) to WALL ; ; ; ; ; ; ; ;

ENDING

01-02 FULL CHASE M & W ; ;

{Full Turn Chase M & W} Fwd L turn ½ RF, rec R cont turn ½ RF, bk L/Ik Rif, bk L (*W bk R, rec L, fwd R/Ik Lib, fwd R*), - ; Bk R, rec L, fwd R/Ik Lib, fwd R (*W fwd L turn ½ RF, rec R cont turn ½ RF to fc ptr, bk L/Ik Rif, bk L*), - ;

03-06 CHASE/W UNDERARM PASS TWICE ; ; ; ;

{Chase /W Underarm Pass x 2} Repeat meas 3,4,5 & 6 Intro ; ; ; ;

07-09 TO RLOD AIDA ; WAIT ; ; SWITCH & HOLD ;

{Aida to RLOD} Thru L RLOD, sd R to fc rel ld hnds & jn trl hnds, trng LF bk L/Ik Rif, bk L LOD to V BK-TO-BK ; **{Wait}** 2 Meas ; ; **{Switch & Hold}** Sd & bk R trng to fc ptr, Hold ;