Can’t Help It

Choreographer: Chuck & Sandi Weiss, 2550 S Ellsworth Rd, Mesa, AZ 85209 (480) 830-9251 E-Mail (Cweiss11@cox.net)
CD: New Album, Can’t Help It, Track 4  Artist: Scooter Lee
Availability: MP3 from ITunes & Others  CD from Amazon & Others
Rhythm: Fox trot/Jive  RAL Phase V + 1  Rolling Off The Arms  Difficulty Level - Easy
Footwork: Opposite unless noted (Woman’s Footwork in parentheses)
Timing: Standard RAL Jive unless noted.  Time @ 45 RPM: 3:15  Music is faded at 3:00 & cut at 3:15

INTRODUCTION

1 - - 3  LOOSE CP FCNG WALL LD FT FREE WAIT 2;; SD TCH, RT CHASSE;
1,2,3a,4  1 – 3  Loose Closed Pos fcng Wall Lead ft free Wait 2 Meas;; [Sd Tch, Rt Chasse] Sd L, tch R to L, sd R/Cl L, Sd R;
4 - - 6  RT TRNG FALLAWAY;, LFT TRNG FALLAWAY;;
1,2,3a,4  4 – 6  [Rt Trng Fallaway] Rk bk L to SCP, rec R to fc, commence _ RF trn sd L/cl R to L, complete trn sd L; commence
1a,2,3a,4;  _ RF trn sd R/cl L to R, complete trn sd R (Rk bk R to SCP, rec L to fc, commence _ RF trn sd R/cl L to R,
3,4;  complete trn sd R; commence _ RF trn sd L/cl R to L, complete sd L,) to SCP, [Lft Trng Fallaway] Rk bk L to
1a,2,3a,4;  SCP, rec R to fc; commence _ LF trn sd L/cl r, complete trn sd L, commence _ LF trn sd R/cl L; complete turn
side right (Rk bk R to SCP; rec on L to fc, commence _ LF trn sd R/cl L, complete trn sd R, commence _ LF trn sd
L/cl R, complete trn sd L);

PART A

1 - - 4  FALLAWAY THROWAWAY;; RK REC; CHICKEN WK 2S 4Q;;
1,2,3a,4;  1 - 2  [Fallaway Throwaway] Rk bk L, rec R, sd L/cl R to L, sd L; sd R/cl L to R, sd R commence 1/4 LF trn on triples
1a,2,3a,4;  (Rk bk R, rec L, pick up R/L, R; sd & bk L/cl R to L, sd L commence up to 1/2 trn on the triples,) to LOP/LOD,
[Rk, Rec] Rk apt L, rec R;
1,-,3,-;  3 – 4  [Chicken Wks] Bk L, -, bk R, - (w/swivel action fwd R, -, fwd L, -;) Bk L, bk R, bk L, bk r (w/swivel action fwd
1,2,3,4;  R, fwd L, fwd R, fwd L;);
5 - - 9  LINK RK;; FALLAWAY RK;; RK, REC SWIVEL WK 2; 2 FWD TRIPLES;
1,2,3a,4;  5 – 7  [Link Rk] Rk apt L, rec R, small triple fwd L/R, L; sd R/L, R to CP, [Fallaway Rk] Rk bk L in SCP, rec R to fc; sd
1a,2,3,4;1a,2,3a,4;  L/cl R, sd L, Sd R/cl L, sd R;
1,2,3a,4;  8 – 9  [Rk, Rec, Swivel Wk 2] In SCP rk bk L, rec fwd R, with swivel action fwd L, fwd R; [2 Fwd Triples] Fwd L/cl R,
1a,2,3a,4;  fwd L, fwd R/cl L, fwd R;
10 - 14  SWIVEL WK 4; THROWAWAY; CHG L TO R SEMI RK, REC;; PT STPS 2;
1,2,3,4;  10 – 11  [Swivel Wk 4] With swiveling action fwd L, fwd R, fwd L, fwd R; [Throwaway] Sd L/cl R to L, sd L, sd R/cl L to
1a,2,3a,4;  R, sd R commence 1/4 LF trn on triples (pick up R/L, R, sd & bk L/cl R to L, sd L commence up to 1/2 trn on the
triples;) to LOP/LOD;
1,2,3a,4;  12 – 14  [Chg L to R] Rk bk L, rec R, sd L trng _ RF/cl R to L, sd L (Rk bk R, rec L, fwd R trng _ LF under joined ld
1a,2,3a,4;  hnds/cl L to R, Sd R); Sd R/cl L to R, Sd R (sd L cont trn fc ptr/cl R, Sd R,) to SCP, [Rk, Rec] Rk bk L, rec R;
1,-,2,-,4;  [Pt Stps] Pt fwd L w/outside edge of ft in contact w/floor, small fwd L looking LOD, Pt fwd R w/outside edge of ft
in contact w/floor, small fwd R looking RLOD;

INTERLUDE

1 - - 4  SD TCH, RT CHASSE; RT TRNG FALLAWAY;; LFT TRNG FALLAWAY;;
1 – 4  Repeat Meas 3 to 6 Intro

REPEAT

A

BRIDGE

1 - - 2  SD TCH, RT CHASSE; RK, REC, SD CL;
1 – 2  Repeat Meas 3 Intro; In SCP Rk bk L, rec fwd R to fc, sd L, cl R to BFLY;
PART B

1 - - 4  LINDY CATCH;; NECK SLIDE;;
1,2,3a,4:  1 – 2  [Lindy Catch] Rk apt L, rec R, fwd L/R, L moving RF around W catching her at waist with rt hnd releasing left hnd
[man is in back of woman with right arm around her waist]; fwd R, L continuing around W, fwd R/L, R to LOP facing position (Rk apt R, rec L, fwd R/L, R [woman in front of man]; bk L, R still facing same direction [no turn], bk L/R, L to LOP feng ptr);
1,2,3a,4:  3 – 4  [Neck Slide] With both hnds joined feng ptr & wall rk bk L, rec R raising joined hnds up & over ptr’s heads, fwd L/cl R to L, fwd L releasing hold & placing rt hnd to rest on ptr’s R shldr ending W on M’s rt sd; wheel _ RF fwd R, fwd L continue RF trn allowing rt hnd to slide down ptr’s arm, fwd R trng _ rt to fc LOP/cl R, sd L to join rt hnds;) to Hndshk;

5 - - 8  ROLLING OFF ARMS;; LINK TO WHIP THROWAWAY FC LOD;
1,2,3a,4:  5 – 6  [Rolling Off Arms] Bk L, rec R, 3 small stps trng _ RF fwd L/fwd R, fwd L; wheel 2 trng _ RF fwd R, fwd L, 3 small stps trng _ RF fwd R/cl L, fwd R (Bk L, rec R, 3 stps trng _ LF fwd R/fwd L, fwd R; wheel 2 trng _ RF bk L, bk R, in place commencing RF trn L/R, fwd L completing 1 full RF trn;) to LOP;
1,2,3a,4:  7 – 8  [Link to Whip Throwaway] Rk apt L, rec R to CP commence RF trn, fwd L/cl R, fwd & sd L to CP/DRC (Rk apt R, rec L fwd R/cl L, commence RF trn fwd R to CP/DLW;); XRIB of left toe trnd out continue trn RF, sd R/cl L to R, sd R complete up to 1 full RF trn retaining lead hndhold & releasing W w/trailing hnd to end in LOP (Fwd L on M’s rt sd continue trn RF, fwd R between M’s feet continue RF trn, chasse sd L/cl R, sd L complete up to 1 full RF trn & ending in LOP;);

PART C

1 - - 4  CHICKEN WKS 2S 4 Q;; LINK RK;, RK REC;
1 – 2  [Chicken Wks] Repeat Meas 3 & 4 Part A;;
3 – 4  [Link Rk] Rk apt L, rec R, small triple fwd L/R, L; trng _ RF sd R/L, R to CP/Wall, [Rk, Rec] In SCP Rk bk L, rec fwd R;

5 - - 9  PT STPS 4X;; THROWAWAY; CHG L TO R W/CONT CHASSE;;
5 – 7  [Pt Stps] Pt fwd L w/outside edge of ft in contact w/floor, small fwd L looking LOD, Pt fwd R w/outside edge of ft in contact w/floor, small fwd R looking RLOD; Pt fwd L w/outside edge of ft in contact w/floor, small fwd L looking LOD, Pt fwd R w/outside edge of ft in contact w/floor, small fwd R looking RLOD; [Throwaway] Repeat Meas 11 Part A;
1,2,3a,4:  8 – 9  [Chg L to R w/Cont Chasse] Rk bk L, rec R, sd L trng _ RF/cl L to R, sd L (Rk bk R, rec L, fwd R trng _ LF under joined ld hnds/cl L to R, Cl R); Sd R/Cl L, Sd R/Cl L, Sd R/Cl L, Sd R;

10 - 14  RT TRNG FALLAWAY W/ DBL GLIDE;;; RK, REC, VINE 8;;
1,2,3a,4:  10 – 12  [Rt Trng Fallaway w/Dbl Glide] Rk bk L to SCP, rec R to fc, commence _ RF trn sd L/cl R to L, complete trn sd L; Sd R, XLIF of R, sd R, XLIF of R; sd R/cl L to R, sd R (Rk bk R to SCP, rec L to fc, commence _ RF trn sd R/cl L to R, complete trn sd R; Sd L, XRIF of L, sd L XRIF of L; sd L/cl L to R, sd L,) to SCP/RLOD, [Rk, Rec] Rk bk L, rec R BFLY Wall;

REPEAT  B  A
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END

1 - - 4  SD TCH, RT CHASSE; RT TRNG FALLAWAY;, LFT TRNG FALLAWAY;;
1 – 4  Repeat Meas 3 to 6 Intro

5 - - 6  RK, REC, PT STPS 3, PT & FREEZE;;
5 – 6  [Rk, Rec] In SCP rk bk L, rec fwd R, [Pt Stps] Pt fwd L w/outside edge of ft in contact w/floor, small fwd L looking LOD; Pt fwd R w/outside edge of ft in contact w/floor, small fwd R looking RLOD, Pt fwd L w/outside edge of ft in contact w/floor, small fwd L looking LOD; Pt fwd R w/outside edge of ft in contact w/floor, hold;

QUICK CUES:

Intro   Loose CP Fncg Wall Ld Ft Free Wait 2;; Sd Tch, Rt Chasse;
        Rt Trng Fallaway;; Lft Trng Fallaway;;

A    Fallaway Throwaway;, Rk to Chicken Wks 2S 4Q,;;;
     Link Rk;, Fallaway Rk,; Rk, Rec Swivel Wk 2; 2 Fwd Triples;
     Swivel Wk 4; Throwaway; Chg L to R Semi Rk, Rec;;
     Pt Stps 2;

Int    Sd Tch, Rt Chasse;
       Rt Trng Fallaway;; Lft Trng Fallaway;;

A    Fallaway Throwaway;, Rk to Chicken Wks 2S 4Q,;;;
     Link Rk;, Fallaway Rk,; Rk, Rec Swivel Wk 2; 2 Fwd Triples;
     Swivel Wk 4; Throwaway; Chg L to R Semi Rk, Rec;;
     Pt Stps 2;

Brg   Sd Tch, Rt Chasse; Rk, Rec, Sd, Cl Bfly;

B    Lindy Catch;; Rk to Neck Slide;;
     Rk to Rolling Off Arms;; Link to Whip Throwaway Fc LOD;

C    Chicken Wks 2S 4 Q;; Link Rk;, Rk to Pt Stps 4X;; Throwaway;
     Chg L to R w/Cont Chasse;; Rt Trng Fallaway w/ Dbl Glide;;
     Rk, Rec, Vine 8;;, 2 Trng Triples to Semi; Rk, Rec, Wk PU Bfly LOD;

B    Lindy Catch;; Rk to Neck Slide;;
     Rk to Rolling Off Arms;; Link to Whip Trn Fc Wall;

A    Fallaway Throwaway;, Rk to Chicken Wks 2S 4Q,;;;
     Link Rk;, Fallaway Rk,; Rk, Rec Swivel Wk 2; 2 Fwd Triples;
     Swivel Wk 4; Throwaway; Chg L to R Semi Rk, Rec;;
     Pt Stps 2;

End    Sd Tch, Rt Chasse;
       Rt Trng Fallaway;; Lft Trng Fallaway;;
       Rk, Rec, Pt Stps 3, Pt & Freeze;;