

I CAN'T HELP MYSELF



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RECORD: Collectables COL-429 (I Can't Help Myself by The Four Tops)

FOOTWORK: Opposite footwork except where noted

RHYTHM: Cha Cha RAL PHASE IV+1 (Stop and Go Hockey Stick) Speed 43 RPM

SEQUENCE: **INTRO-A-B-C-D-A-B-C MOD-A-D-A-END** Release Date 6/98

INTRODUCTION

1-6 **WAIT;; SHADOW NYX2;; ½ BAS AND WRAP; UNWRAP TO FC;**

1-6 Wait 2 meas with R-R hands jnd & lt arms extend sd & bk;

[Shadow New Yorkers] Thru L RLOD with straight knee extend L arm to sd behind W in shadow pos(W extend L arm to sd twd wall),rec R to fc, small sd/cl,sd LOD; Thru R LOD with straight knee extend L arm to sd twd COH in shadow pos (W extend L arm to sd behind M), rec L to fc, small sd/cl,sd RLOD; M's

[1/2 basic & wrap; unwrap] Fwd L, rec bk R, step in place L/R,L;(W bk R, rec L fwd R trng CCW/cont CCW trn L maintaining hand hold to fc wall end in wrap pos both fc wall; bk R, rec L, step in place R/L,R; (W bk L, rec fwd R, L trng CW/cont CW sd R to fc ptr, sd L with L-R hands jnd; fwd R/L,

PART A

1-8 **1/2 BAS TO FAN;; STOP & GO HKY STICK;; ALEMANA FROM FAN;; LARIAT;;**

1-2 fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R; (W fwd L, trng LF sd & bk R, bk L/cl R, bk L leaving R leg extended;)

3-4 M fwd L, rec R, sip L/R,L; (W cl R, fwd L, fwd R/L, R trng ½ L fc under jnd hnds to end at M's R sd; {M catches W w/ R hnd on W's L shldr blade at end of trpl to stp her movement}) rk fwd R, rec L, sip R/L,R; (W rk bk L, rec R, fwd L/R,L trng ½ R fc undr jnd hnds to end in Fan pos fcg RLOD;)

5-8 fwd L, rec R, cl L/sip R, L; (W cl R, fwd L, fwd R/cl L, fwd R to fc M; bk R, rec L, sd R/cl L, sd R; (W XLIFR trng RF, cont trn fwd R to fc M, sd L/cl R, sd L; sip L, R, L/R, L; (W circ arnd M CW R, L, R/cl L, fwd R; sip R, L, R/L, R; (W cont arnd M L, R, L/cl R, sd L to fc M;)

PART B

1-8 **MOD FLIRT TO FAN;; HKY STK;; UMBRELLA TRN;;;**

1-4 fwd L, rec R, sm sd L/cl R, sd L; (W bk R, rec L trng LF, cont trn to R VARS sd & bk R/cl L, sd R; bk R, rec L, sd R/cl L, sd R; (W fwd L, trng LF sd & bk R, bk L/cl R, bk L leaving R leg extended;) fwd L, rec R, sd L/cl R, sd L; (W cl R, fwd L, fwd R/L, R; bk R, rec L, following W fwd R/L, R; (W fwd L, fwd R trng LF to fc M, sd & bk L/cl R, bk L to a L hand star;)

5-8 L hnd star, fwd L, rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl L, fwd R; (W bk R, fwd L trng L fc ½, bk R/cl L, bk R; bk L, fwd R trng R fc ½, bk L/cl R, bk L;) rpt meas 1-2 of fig; end fcg ptr;

PART C

1-8 **CHASE;;; NY; CRB WK 2X;; SPT TRN;**

1-4 fwd L trn RF 1/2, rec fwd R, fwd L/cl R, fwd L; fwd R trn LF 1/2 (W RF 1/2), rec fwd L, fwd R/cl L, fwd R; fwd L (W trn LF 1/2), rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl L, fwd R;

5-8 strong XLIFR straight leg to L OP, rec R to fc, sd L/cl R, sd L; XRIFL, sd L, XRIFL/sd L, XRIFL; sd L, XRIFL, sd L/XRIFL, sd L; strong XRIFR trng LF, cont trn rec L to fc ptr, sd R/cl L, sd R;

PART D

1-8 **CHASE W/ PEEKABOO;;; DOUBLE;;;**

1-4 fwd L trn RF 1/2, rec fwd R, fwd L/cl R, fwd L; sd R look ovr L shldr (W sd L), rec L, sip R/L, R; sd L look ovr R shldr (W sd R), rec R, sip L/R, L; fwd R trn LF 1/2 (W fwd L trng ½ RF), rec L, fwd R/cl L, fwd R;

5-8 sd L (W sd R look ovr L shldr), rec R, sip L/R, L; sd R (W sd L look ovr R shldr) rec L, sip R/L, R; fwd L, rec R, bk L/cl R, bk L; (W fwd L trng ½ rf), bk R, rec L, sd R/cl L, sd R;

PART C MODIFIED

1-6 **CHASE;;; NY 2X;;**

1-4 fwd L trn RF 1/2, rec fwd R, fwd L/cl R, fwd L; fwd R trn LF 1/2 (W RF 1/2), rec fwd L, fwd R/cl L, fwd R; fwd L (W trn LF 1/2), rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl L, fwd R;

5-6 strong XLIFR straight leg to L OP, rec R to fc, sd L/cl R, sd L; strong XRIFL straight leg to R OP, rec L to fc, sd R/cl L, sd R;

ENDING

1+ **NEW YORKER; POINT LOD**

1 strong XLIFR straight leg to L OP, rec R to fc, sd L/cl R, sd L; point R to LOD