

I CAN'T HELP MYSELF



Song	Bad Habits (3:27)	Artist	Billy Field		Album	iTunes single	
Level	Easy Intermediate	Type	Line Dance	Beats	64	Walls	4
Other Information	Begin dance 16 beats in, on lyrics – No tags/restarts!						
Choreographed by	Tim Gauci, BROKEN HILL NSW 2880			Date	July 2015		

Beats	Step Description	
1-8	STEP, TOUCH, SIDE STRUT, BEHIND, SIDE, CROSS	
1234	Step L to L, touch R tog, touch R toe to R, place R heel to floor	
5678	Step L behind R, step R to R, cross L over R, hold	
9-16	STEP, TOUCH, SIDE STRUT, BEHIND, SIDE, CROSS	
1234	Step R to R, touch L tog, touch L toe to L, place L heel to floor	
5678	Step R behind L, step L to L, cross R over L, hold	
17-24	SIDE, TOG, FWD, HOLD, FWD, ROCK, BACK, HOLD	
1234	Step L to L, step R tog, step L fwd, hold	
5678	Step R fwd, rock weight back onto L, step R back, hold	
25-32	BACK, TOG, CROSS, HOLD, SIDE, TOG, FWD, HOLD	
1234	Step L back, step R tog, step L across R, hold	
5678	Step R to R, step L tog, step R fwd, hold	
33-40	ROCKING CHAIR, STEP, PIVOT ½, STEP, HOLD	
1234	Step L fwd, rock weight back onto R, step L back, rock weight fwd onto R	
5678	Step L fwd, pivot ½ turn R, step L fwd, hold	
41-48	½, ¼, CROSS, HOLD, SIDE, TOG, CROSS, HOLD	
1234	Making ½ turn L step R back, making ¼ turn L step L to L, cross R over L, hold	
5678	Step L to L, step R tog, cross L over R	
49-56	SIDE, TOG, SIDE, HOLD, BACK, ROCK, SIDE, HOLD	
1234	Step R to R, step L tog, step R to R, hold	
5678	Step L back/behind R, rock weight fwd onto R, step L to L, hold	
57-64	BEHIND, SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS, HOLD	
1234	Step R behind L, step L to L, step R across L, step L to L	
5678	Step R behind L, step L to L, step R across L, hold	
64 Beats	Repeat dance in new direction	

Enjoy ☺

© Free to be copied provided no changes are made to the original