

# Can't Help Myself

Choreo – Matt Koziuk

Artist – Dean Brody & The Reklaws

Level – Intermediate

Intro: Wait 16 beats

Album – “Can’t Help Myself” (Single)

Part A

Ds Ds (xif) Dbl-Up Dbl-Up Ds (xib) R (ots) S (xif) Chug Chug

“Modified ‘Bonanza’”

L R L L L R L R R  
1 2 & 3 & 4 5 & 6 7 8

(Moving Forward) Ds Ds Ds Br-Up Toe-Heel (xif) RS Stomp Stomp

“Modified Cowgirl”

R L R L L L RL R L  
1 2 3 & 4 & 5 &6 7 8

**\*\* Repeat both Steps, on the opposite foot! \*\***

Part B

Ds Ds (xif) Ds Loop-Step (turn 1/2 Right) RS Ds Ds RS

“Triple Loop with a Rock Step  
& a Double Basic”

L R L R R LR L R LR

**\*\* Repeat to end facing the Front \*\***

Chorus

B-H B-H (xif) B-H B-H (ots) Bnc-Kick Bnc-Kick Bnc-Kick Bnc-Kick

“Jazz Square &  
Bounce Kicks”

L R L R B R B L B R B L

Ds Dbl-Out RS Toe-Slide (1/2 Left); Step-Slur Step-Slur Step-Slur Step

“Only Wanna turn half  
& 4 Dirty Slurs forward”

L R L RL R L R R L L R R  
5 6 7 8

**\*\* Repeat to end facing the Front \*\***

Break

Ds Dbl-across Dbl-out RS Dbl-Up Ds Dbl-Up RS

“High Flicker”

L R R RL R R L LR

Ds Ds Ds RS (move forward) Ds RS RS RS (turn 360° Right)

“Triple Forward &  
Airplane Chain Spin”

L R L RL R LR LR LR

Ds Ds (xif) Drag-S Drag-S RS Ds Ds RS

“Samantha”

L R R L L R LR L R LR

**\*\* For “Break x2,” Do TWO Samanthas – each turning 1/2. End facing the front \*\***

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***Sequence: A – B – Chorus – Break – A – B – Chorus – Break x2 – B – Chorus***

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**Step and Direction Abbreviations:**

Ds – Double-Step  
Bnc - Bounce

RS – Rock-Step  
B – Ball

Dbl – Double  
H – Heel

Br – Brush

(xif) – Crossed in front

(xib) – crossed in back

(ots) – out to side

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*Thanks for taking my class – I appreciate you!*

*Questions or comments? Hit me up!*



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