

# 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:** Foxtrot/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  
**Sequence:** Intro-A-Int-A-Brg-B-C-B-A-End Released: November 1, 2010

## 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, \_ 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 WKS 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,2,3,4; (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,2,3,4; L/cl R, sd L, Sd R/cl L, sd R;

1,2,3,4; 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,2,3,4; hnds/cl L to R, Sd R); Sd R/cl L to R, Sd R (sd L cont trn to fc ptr/cl R, sd L,) to SCP, [Rk, Rec] Rk bk L, rec R;  
-,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  
 1,2,3a,4 [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);

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  
 1,2,3a,4; 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,  
 1,2,3a,4 fwd L continue RF trn allowing rt hnd to slide down ptr's arm, fwd R trng \_ rt to fc LOD/cl L to R, small stp sd R  
 to join rt hnds (With both hnds joined feng ptr & COH rk bk on R, rec L raising joined hnds up & over ptr's heads,  
 fwd R/cl L to R, fwd R releasing hnd hold & placing R hnd to rest on ptr's rt shldr ending M on W's rt sd; wheel \_  
 RF fwd L, fwd R continue RF trn allowing rt hnd to slide down ptr's arm, fwd L trng \_ rt to fc RLOD/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  
 1,2,3a,4 small stps trng \_ RF fwd R/cl L, fwd R (Bk R, rec L, 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  
 1,2,3a,4 R, rec L fwd R/cl L, commence RF trn fwd R to CP/DLW); XRIB of left toe trnd out continue trng RF, sd L  
 continue RF trn chasse sd R/cl L, 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 trng 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 R to L, sd L (Rk bk R, rec L, fwd R trng \_ LF  
 1a,2a,3a,4; 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  
 1,2,3,4; 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  
 1a,2,3,4; L to R, complete trn sd R; Sd L, XRIF of L, sd L XRIF of L; sd L/cl R to L, sd L,) to SCP/RLOD, **[Rk, Rec]** Rk bk  
 L, rec R BFLY Wall;

1,2,3,4; 13 - 14 **[Vine 8]** Twd RLOD Sd L, XRIB, sd L, XRIF; Sd L, XRIB, sd L, XRIF to CP/Wall; {Optional - **[Twist Vine 8]** Sd  
 1,2,3,4; L, XRIB to momentary SCAR, sd L, XRIF to momentary BJO (Sd R, XLIF, sd R, XLIB;) to CP/Wall; Repeat;}

**15 - 16 TRNG TRIPLES; RK, REC, WK FC BFLY WALL;**

1a,2,3a,4; 15 - 16 **[Trng Triples]** Commence \_ RF trn sd L/cl R to L, complete trn sd L, commence \_ RF trn sd R/cl L to R, complete  
 1,2,3,4; trn sd R (Rk bk R to SCP, rec L to fc, commence \_ RF trn sd R/cl L to R, complete trn sd R, commence \_ RF trn sd  
 L/cl R to L, complete sd L;) to SCP/LOD; **[Rk, Rec, Wk, FC]** In SCP rk bk L, rec R, small fwd L, fwd R trng RF  
 (In SCP rk bk R, fwd L, fwd R, fwd L trn to fc ptr in Bfly;) to BFLY/Wall;

**REPEAT****B****A**

**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 Fcng 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;;**