

CHOREOGRAPHERS: Russ and Judy Francis, 142 E. 1450 N. Layton, UT, 801-628-4752, Email: rounds-by-russ@comcast.net
MUSIC: CD Buddah #99793-2 Track #8 "Can't Help Myself" Artist: The Four Tops
FOOTWORK: Opposite For Woman Except Where Noted
NOTE: May use [Option fwd/lck/fwd – or – bk/lck/bk] where applicable
RHYTHM: TWO STEP
DANCE LEVEL: Phase II+2 (Side Stairs, Fishtail)
SPEED: 48 RPM
RELEASED: MAY 2009

SEQUENCE: INTRO – A – B – C – A – END

INTRO

1 – 6 **CP FCNG WALL WAIT;; TRAV BOX – SEMI;;;**
(Trav Box – Semi) Sd L, clo R, fwd L-; trng ¼ rt fc to RLOD fwd L-, fwd R-; trng ¼ lft fc sd R, clo L, bk R-; trng ¼ lft fc fwd L-, fwd R to SEMI/LOD-;

PART A

1 – 8 **2 FWD 2-STP'S;; VINE APT; VINE TOG – FC; SD STAIR'S -8;; SD-CLO – TWICE; WLK & P/UP;**
(2 Fwd 2-Stp's) Fwd L, clo R, fwd L-; fwd R, clo L, fwd R-; **(Vine Apt)** Sd L, cross R bhnd, sd L-; **(Vine Tog – Fc)** Sd R, cross L bhnd, trng ¼ rt fc fwd R to CP/WALL-; **(Sd Stairs -8)** Sd L, clo R, fwd L, clo R; sd L, clo R, fwd L, clo R; **(Sd-Clo – Twice)** Sd L, clo R, sd L, clo R; **(Wlk & P/up)** Trng ¼ lft fc fwd L-, fwd R to CP/LOD-; **(Woman trng ¼ rt fc fwd R-, trng ½ lft fc fwd L to CP in frnt of Man-)**

9 – 15 **2 FWD 2-STP'S;; PROG SCISS SD/CAR; WLK OUT -2; PROG SCISS – BJO; WLK & CHK; FISHTAIL;**
(2 Fwd 2-Stp's) Fwd L, clo R, fwd L-; fwd R, clo L, fwd R-; **(Prog Sciss – Sd/Car)** Sd L, clo R, trng slightly rt fc cross L in frnt **(Woman cross bhnd)** to Sd/Car diag LOD/WALL-; **(Wlk Out -2)** Fwd R-, fwd L-; **(Prog Sciss – Bjo)** Sd R, clo L, trng ¼ lft fc cross R in frnt **(Woman cross bhnd)** to BJO diag LOD/COH-; **(Wlk & Chk)** Fwd L-, fwd R chng to BJO diag LOD/COH-; **(Fishtail)** Cross L bhnd **(Woman cross R in frnt)**, fwd R, trng ¼ rt fc sd L, lck R bhnd **(Woman lck L in frnt)** to BJO diag LOD/WALL;

16 – 24 **WLK & FC; BOX;; 2 TRNG 2-STP'S – SEMI;; 2 FWD 2-STP'S;; VINE APT; VINE TOG – FC – NO HNDS;**
(Wlk & Fc) Trng slightly rt fc fwd L-, fwd R to CP/WALL-; **(Box)** Sd L, clo R, fwd L-; sd R, clo L, bk R-;
(2 Trng 2-Stp's – Semi) Trng 3/8 rt fc sd L, clo R, bk L to CP RLOD/COH-; trng 3/8 rt fc sd R, clo L, fwd R to SEMI/LOD-; **(2 Fwd 2-Stp's)** Fwd L, clo R, fwd L-; fwd R, clo L, fwd R-; **(Vine Apt)** Sd L, cross R bhnd, sd L-;
(Vine Tog – Fc) Sd R, cross L bhnd, trng ¼ rt fc fwd R to NO HNDS/WALL-;

PART B

1 – 7 **SKATE L & R; SD 2-STP; SKATE R & L; SD 2-STP – BTFY; FC TO FC; BK TO BK – FC; ½ BOX;**
(Skate L & R) With skating action sd L-, sd R-; **(Sd 2-Stp)** Sd L, clo R, sd L-; **(Skate R & L)** With skating action sd R-, sd L-; **(Sd 2-Stp – Btfy)** Sd R, clo L, sd R to BTFY/WALL-; **(Fc To Fc)** Sd L, clo R, rlsng lead hnds & trng 3/8 lft fc fwd L to a "V" bk to bk position-; **(Bk To Bk – Fc)** Sd R, clo L, trng 3/8 rt fc fwd R to CP/WALL-; **(1/2 Box)** Sd L, clo R, fwd L-;

8 **SCISS THRU;**
(Sciss Thru) Sd R, clo L, trng ¼ lft fc cross R in frnt to SEMI/LOD -;

PART C

1 – 6 **2 FWD 2-STP'S;; CIR AWY & TOG – LDY'S TAMARA;; WHL ½; UNWIND – BTFY;**
(2 Fwd 2-Stp's) Fwd L, clo R, fwd L-; fwd R, clo L, fwd R-; **(Cir Awy & Tog – Ldy's Tamara)** Rlsng hnds & trng 3/8 lft fc cir fwd L, clo R, fwd L-; trng 3/8 lft fc fwd R, clo L, fwd R to Ldy's TAMARA/WALL-; **(Whl ½)** Trng ½ rt fc whl fwd L, clo R, fwd L to FC COH-; **(Unwind – Btfy)** Keeping hnds jnd trng ½ lft fc **(Woman trn ½ rt fc)** fwd R, clo L, fwd R to BTFY/WALL-;

7 – 16 **SCISS THRU – TWICE – SEMI;; 2 FWD 2-STP'S – FC;; BOX;; SD STAIR'S -8;; ½ BOX; SCISS THRU;**
(Sciss Thru – Twice – Semi) Sd L, clo R, cross L in frnt-; sd R, clo L, cross R in frnt to SEMI/LOD-;
(2 Fwd 2-Stp's – Fc) Fwd L, clo R, fwd L-; fwd R, clo L, trng ¼ rt fc fwd R to CP/WALL-; **(Box)** Sd L, clo R, fwd L-; sd R, clo L, bk R-; **(Sd Stairs -8)** Sd L, clo R, fwd L, clo R; sd L, clo R, fwd L, clo R; **(1/2 Box)** Sd L, clo R, fwd L-;
(Sciss Thru) Sd R, clo L, trng ¼ lft fc cross R in frnt to SEMI/LOD -;

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(CONTINUE OF PART C)

17 – 22

BSKTBLL TRN – BTFY;; OPN VINE -4 – SEMI;; SCOOT; WLK -2;

(Bsktbl Trn - Btfy) Trn ¼ to fc Ptnr sd L-; rcvr R to LOPN/RL0D-; trng ¼ rt fc awy frm Ptnr sd L-, trng ½ rt fc rcvr R to BTFY/WALL-; **(Opn Vine -4)** Sd L-, cross R bhnd-; sd L, cross R in frnt to SEMI/LOD-; **(Scoot)** Fwd L, clo R, fwd L, clo R; **(Wlk -2)** Fwd L-, fwd R-;

REPEAT PART “A”

END

1

APT PNT;

(Apt Pnt) Rlsng lead hnds apt L-, pnt R twds Ptnr-;