**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: Jive RAL Phase V + 1 Rolling Off The Arms Difficulty Level - Moderate

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


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 ¼ RF trn sd L/cl R to L, complete trn sd L; commence

1a,2, ¼ RF trn sd R/cl L to R, complete trn sd R (Rk bk R to SCP, rec L to fc, commence ¼ RF trn sd R/cl L to R,

3,4; complete trn sd R; commence ¼ RF trn sd L/cl R to L, complete sd L,) to SCP, [Lft Trng Fallaway] Rk bk L to

1a,2,3a; SCP, rec R to fc; commence ¼ LF trn sd L/cl R, complete trn sd L, commence ¼ LF trn sd R/cl L; complete turn

side right (Rk bk R to SCP; rec on L to fc, commence ¼ LF trn sd R/cl L, complete trn sd R, commence ¼ 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 ¼ LF trn on triples

1a,2,3a; (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

1,2,3a; R, fwd L, fwd R, fwd L);

5 - 9 LINK RK;; FALLAWAY RK,;; RK, REC SWIVEL WK 2; 2 FWD TRIPLES;

1,2a,3,4a,1a,2,3,4; 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,2,3,4a,1a,2,3,4; L/cl R, sd L, Sd R/cl L, sd R;

1,2,3a,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; fwd L, fwd R/cl L, fwd R;

10 - 14 SWIVEL WK 4; THROWAWAY; CHG L TO R SEMI RK, REC;; PT STPS 2;

1,2,3a,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,2a,3,4; 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;

1,2a,3,4; 12 – 14 [Chg L to R] Rk bk L, rec R, (sd L trng ¼ RF/cl R to L, sd L (Rk bk R, rec L, fwd R trng ¼ 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;

1,-2,-; [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;;

1.2.3.4

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

1.2.3.4

[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

1.2.3.4;

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 ½ RF fwd R, fwd L continue RF trn allowing rt hnd to slide down ptr’s arm, fwd R trng ¼ 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 hold & placing R hnd to rest on ptr’s rt shldr ending M on W’s rt sd; wheel ½ RF fwd L, fwd R continue RF trn allowing rt hnd to slide down ptr’s arm, fwd L trng ¼ 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;

1.2.3.4;

5 - 6 [Rolling Off Arms] Bk L, rec R, 3 small stps trng ¼ RF fwd L/wd R, fwd L; wheel 2 trng ½ RF fwd R, fwd L, 3 small stps trng ¼ RF fwd R/cl L, fwd R (Bk R, rec L, 3 stps trng ¼ LF fwd R/fwd L, fwd R; wheel 2 trng ½ RF bk R, bk R, in place commencing RF trn L/R, fwd L completing 1 full RF trn;) to LOP;

1.2.3.4;

7 - 8 [Link to Whip Throwaway] Rk apt L, rec R to CP commence RF trn, fwd R/cl R, fwd & sd L to CP/DRC (Rk apt

1.2.3.4;

R, rec L fwd R/cl L, commence RF trn fwd R to CP/DLW); XRRB 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 ¼ 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/door, small L looking LOD, Pt fwd R w/outside edge of ft in contact w/door, small R looking RLOD; Pt fwd L w/outside edge of ft in contact w/door, small fwd L looking LOD, Pt fwd R w/outside edge of ft in contact w/door, small fwd R looking RLOD; [Throwaway] Repeat Meas 11 Part A;

1.2.3.4;

8 - 9 [Chg L to R w/Cont Chasse] Rk bk L, rec R, sd L trng ¼ RF/cl R to L, sd L (Rk bk R, rec L, fwd R trng ¼ 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;;

1.2.3.4;

10 - 12 [Rt Trng Fallaway w/Dbl Glide] Rk bk L to SCP, rec R to fc, commence ¼ RF trn sd L/cl L to R, complete trn sd 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 ¼ RF trn sd R/cl L to R, complete trn sd R; Sd L, XRIF of L, sd L XRIF of L; sd L/cl L to R, 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, XIRB, sd L, XRIF; Sd L, XRIB, sd L, XRIF to CP/Wall; [Optional – [Twist Vine 8] Sd L, XRIB to momentary SCAR, sd L, XRIF to momentary BJO (Sd R, XLIF, sd R, XLIF;) to CP/Wall; Repeat;]

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

1a,2a,3a,4;

15 - 16 [Trng Triples] Commence ¼ RF trn sd L/cl L to R, complete trn sd L, commence ¼ RF trn sd R/cl L to R, complete trn sd R (Rk bk R to SCP, rec L to fc, commence ¼ RF trn sd R/cl R to L, complete trn sd R, commence ¼ RF trn sd L/cl R to L, complete sd L;) to SCP/LOD; [Rk, Rec, Wk, FC] In SCP bk L, rec R, small fwd L, fwd R trng RF (In SCP 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;