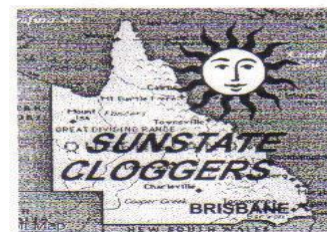


I CAN'T HELP MYSELF (Sugar Pie Honeybunch)



LEVEL: BASIC **LENGTH:** 2:44
MUSIC: Jessica Mauboy
CHOREO: Olive Borovsky, Sunstate Cloggers, Brisbane
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SEQUENCE: Intro A B C A * A B C* A A Ending
WAIT: 16 BEATS **SPEED:** NORMAL to minus 5%

	<u>INTRO (8 beats)</u>		<u>PART C* (24 beats)</u>
8	BOOGIE (L & R)	4	2 DRAG BASIC (<u>1/2 L</u>)
		4	JAZZ BOX
	<u>PART A (32 beats)</u>	4	2 DRAG BASIC (<u>1/2 L</u>)
4	STOMP DOUBLE	4	JAZZ BOX
4	CHARLESTON	8	2 BOOGIE (L & R)
4	STOMP DOUBLE		
4	CHARLESTON		<u>PART A (32 beats)</u>
4	2 LORI STEPS	4	STOMP DOUBLE
8	2 SLUR BASIC (L & R)	4	CHARLESTON
4	2 BASKETBALL TURNS (1/2 R ea)	4	STOMP DOUBLE
		4	CHARLESTON
	<u>PART B (32 beats)</u>	4	2 LORI STEPS
16	2 FANCY VINE (L & R)	8	2 SLUR BASIC (L & R)
4	OUTHOUSE	4	2 BASKETBALL TURNS (1/2 R ea)
4	2 TURKEY JIGS (R)		
4	OUTHOUSE		<u>PART A (32 beats)</u>
4	4 PAUSE STOMPS	4	STOMP DOUBLE
		4	CHARLESTON
	<u>PART C (32 beats)</u>	4	STOMP DOUBLE
4	2 DRAG BASIC (1/4 L)	4	CHARLESTON
4	JAZZ BOX	4	2 LORI STEPS
24	<u>REPEAT 3 MORE TIMES (in a box)</u>	8	2 SLUR BASIC (L & R)
		4	2 BASKETBALL TURNS (1/2 R ea)
	<u>PART A* (32 beats)</u>		
16	2 CLOGOVER SLUR (L & R)		<u>ENDING (27 beats)</u>
4	2 LORI STEPS	4	BOOGIE (L)
8	2 SLUR BASIC (L & R)	4	STOMP DOUBLE (1/4 R)
4	2 BASKETBALL TURNS (1/2 R ea)	4	BOOGIE (L)
		4	STOMP DOUBLE (1/4 R)
	<u>PART A (32 beats)</u>	4	BOOGIE (L)
4	STOMP DOUBLE	4	STOMP DOUBLE (<u>1/2 R</u>)
4	CHARLESTON	3	3 PAUSE STOMPS
4	STOMP DOUBLE		(facing front)
4	CHARLESTON		
4	2 LORI STEPS		
8	2 SLUR BASIC (L & R)		
4	2 BASKETBALL TURNS (1/2 R ea)		
	<u>PART B (32 beats)</u>		
16	2 FANCY VINE (L & R)		
4	OUTHOUSE		
4	2 TURKEY JIGS (R)		
4	OUTHOUSE		
4	4 PAUSE STOMPS		



STEP EXPLANATIONS: I CAN'T HELP MYSELF (SUGAR PIE HONEY BUNCH)

BOOGIE: (4)

(P) S(OTS) (P) S(BS) (P) S(OTS) (P) TCH(BS)
L R L R
& 1 & 2 & 3 & 4

LORI STEP: (2)

DS DT H
L R L
&1 & 2

CHARLESTON: (4)

DS TCH(F) H T-H(BK) TCH(BK) H (LAST TCH(BK) H CAN BE RS)
L R L R R L R
&1 & 2 & 3 & 4

SLUR BASIC: (4)

DS SLR-S(XIB) DS RS
L R R L RL
&1 & 2 &3 &4

STOMP DOUBLE: (4)

(P) STO DS DS RS
L R L RL
& 1 &2 &3 &4

BASKETBALL TURN: (2)

(P) S(FWD) (P) S(PVT 1/2 R)
L R
& 1 & 2

SLUR BASIC: (4)

DS SLR-S(XIB) DS RS
L R R L RL
&1 & 2 &3 &4

FANCY VINE: (8)

DS(OT) DS(XIF) DS(OTS) RS DS(XIF) DS(OTS) RS RS
L R L RL R L RL RL
&1 &2 &3 &4 &5 &6 &7 &8

OUTHOUSE: (4)

DS TCH(OTS) H TCH(XIF) H TCH(OTS) H
L R L R L R L
&1 & 2 & 3 & 4

TURKEY JIG: (2)

DR H-FL S(XIB) (CAN BE (P) INSTEAD DR AT START)
L R-R L
& 1 & 2

CLOGOVER SLUR: (8)

DS(OTS) DS(XIF) DS(OTS) SLR S(XIB) DS(OTS) DS(XIF) DS(OTS) RS
L R L R L L R L RL
&1 &2 &3 & 4 &5 &6 &7 &8

JAZZ BOX: (4)

T-H(OTS) T-H(XIF) T-H(BK) T-H(BS)
L-L R-R L-L R-R
& 1 & 2 & 3 & 4

PAUSE STOMP (1)

(P) STO
L
& 1

DRAG BASIC: (2)

DR S RS
L R LR
& 1 &2