

I CAN'T HELP MYSELF (Sugar Pie Honeybunch)

LEVEL: BASIC **LENGTH:** 2:44

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SEQUENCE: Intro A B C A * A B C* A A Ending

WAIT: 16 BEATS **SPEED:** NORMAL to minus 5%

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