

Electric Bass

James Jamerson

I Can't Help Myself

Four Tops – *Second Album* (1965)

HOLLAND-DOZIER-HOLLAND

Transc. Elton Machado

Moderately Fast ♩ = 128

Intro

C

[illegible]

Chorus

C

G

7

The bass line is written on a single staff. It begins with a treble clef and a key signature of one flat (B-flat). The melody consists of eighth and sixteenth notes, with some measures containing beamed sixteenth notes. The first measure is a whole rest. The second measure contains a half note G2. The third measure contains a half note F2. The fourth measure contains a half note E2. The fifth measure contains a half note D2. The sixth measure contains a half note C2. The seventh measure contains a half note B1. The eighth measure contains a half note A1. The ninth measure contains a half note G1. The tenth measure contains a half note F1. The eleventh measure contains a half note E1. The twelfth measure contains a half note D1. The thirteenth measure contains a half note C1. The fourteenth measure contains a half note B0. The fifteenth measure contains a half note A0. The sixteenth measure contains a half note G0. The seventeenth measure contains a half note F0. The eighteenth measure contains a half note E0. The nineteenth measure contains a half note D0. The twentieth measure contains a half note C0. The twenty-first measure contains a half note B0. The twenty-second measure contains a half note A0. The twenty-third measure contains a half note G0. The twenty-fourth measure contains a half note F0. The twenty-fifth measure contains a half note E0. The twenty-sixth measure contains a half note D0. The twenty-seventh measure contains a half note C0. The twenty-eighth measure contains a half note B0. The twenty-ninth measure contains a half note A0. The thirtieth measure contains a half note G0. The thirty-first measure contains a half note F0. The thirty-second measure contains a half note E0. The thirty-third measure contains a half note D0. The thirty-fourth measure contains a half note C0. The thirty-fifth measure contains a half note B0. The thirty-sixth measure contains a half note A0. The thirty-seventh measure contains a half note G0. The thirty-eighth measure contains a half note F0. The thirty-ninth measure contains a half note E0. The fortieth measure contains a half note D0. The forty-first measure contains a half note C0. The forty-second measure contains a half note B0. The forty-third measure contains a half note A0. The forty-fourth measure contains a half note G0. The forty-fifth measure contains a half note F0. The forty-sixth measure contains a half note E0. The forty-seventh measure contains a half note D0. The forty-eighth measure contains a half note C0. The forty-ninth measure contains a half note B0. The fiftieth measure contains a half note A0. The fifty-first measure contains a half note G0. The fifty-second measure contains a half note F0. The fifty-third measure contains a half note E0. The fifty-fourth measure contains a half note D0. The fifty-fifth measure contains a half note C0. The fifty-sixth measure contains a half note B0. The fifty-seventh measure contains a half note A0. The fifty-eighth measure contains a half note G0. The fifty-ninth measure contains a half note F0. The sixtieth measure contains a half note E0. The sixty-first measure contains a half note D0. The sixty-second measure contains a half note C0. The sixty-third measure contains a half note B0. The sixty-fourth measure contains a half note A0. The sixty-fifth measure contains a half note G0. The sixty-sixth measure contains a half note F0. The sixty-seventh measure contains a half note E0. The sixty-eighth measure contains a half note D0. The sixty-ninth measure contains a half note C0. The seventieth measure contains a half note B0. The seventy-first measure contains a half note A0. The seventy-second measure contains a half note G0. The seventy-third measure contains a half note F0. The seventy-fourth measure contains a half note E0. The seventy-fifth measure contains a half note D0. The seventy-sixth measure contains a half note C0. The seventy-seventh measure contains a half note B0. The seventy-eighth measure contains a half note A0. The seventy-ninth measure contains a half note G0. The eightieth measure contains a half note F0. The eighty-first measure contains a half note E0. The eighty-second measure contains a half note D0. The eighty-third measure contains a half note C0. The eighty-fourth measure contains a half note B0. The eighty-fifth measure contains a half note A0. The eighty-sixth measure contains a half note G0. The eighty-seventh measure contains a half note F0. The eighty-eighth measure contains a half note E0. The eighty-ninth measure contains a half note D0. The ninetieth measure contains a half note C0. The ninety-first measure contains a half note B0. The ninety-second measure contains a half note A0. The ninety-third measure contains a half note G0. The ninety-fourth measure contains a half note F0. The ninety-fifth measure contains a half note E0. The ninety-sixth measure contains a half note D0. The ninety-seventh measure contains a half note C0. The ninety-eighth measure contains a half note B0. The ninety-ninth measure contains a half note A0. The hundredth measure contains a half note G0.

 D_m E_m

F

G

11

The bass line is written on a single staff in bass clef. It consists of four measures. The first measure contains a half note G2, a quarter note A2, a quarter note B2, and a half note C3. The second measure contains a half note D3, a quarter note E3, a quarter note F3, and a half note G3. The third measure contains a half note A3, a quarter note B3, a quarter note C4, and a half note D4. The fourth measure contains a half note E4, a quarter note F4, a quarter note G4, and a half note A4. The final note is a half note G4.

Verse 1

C

G

15

T
 A 3 3 3 3 3 3 5 5 7 5 5 7 5 5 7 5 5 7 5
 B 3 5 3 5 3 3 5 3 5 3 5 7 5 7 5 7 5 7 5

I Can't Help Myself

19

Dm Em F G

T
A
B

Pre-Chorus

23

C G

T
A
B

27

Dm Em F G

T
A
B

Inter

31

C G

T
A
B

35

Dm Em F G

T
A
B

I Can't Help Myself

3

Chorus

39

C G

T
A B

3 3 5 3 3 5 3 3 5 3 5 5 7 5 5 7 5 5 5 7 5 5 7 5

43

Dm Em F G

T
A B

5 5 7 5 5 7 5 5 5 7 5 7 3 3 5 3 3 5 3 5 5 7 5 7 5

Verse 2

47

C G

T
A B

3 3 5 3 3 5 3 3 3 5 3 3 5 3 5 5 7 5 5 7 5 5 5 7 5 5 7 5

51

Dm Em F G

T
A B

5 5 7 5 5 7 5 5 5 7 5 7 3 3 5 3 3 5 3 5 5 7 5 7 5

Pre-Chorus

55

C

T
A B

3 3 5 3 3 5 3 3 5 3 3 5 3 3 5 3 3 5 3 3 5 3 3 5 3 3 5 3

I Can't Help Myself

Chorus

61

C G

T A B

3 3 5 3 3 5 3 3 3 5 3 3 5 3 5 5 7 5 5 7 5 5 5 7 5 5 7 5

65

Dm Em F G

T A B

5 5 7 5 5 7 5 5 5 7 5 7 3 3 5 3 3 5 3 5 5 7 5 7 5

Chorus

69

C G

T A B

3 3 5 3 3 5 3 3 3 5 3 3 5 3 5 5 7 5 5 7 5 5 5 7 5 5 7 5

73

Dm Em F G

T A B

5 5 7 5 5 7 5 5 5 7 5 7 3 3 5 3 3 5 3 5 5 7 5 7 5

Repeat and fade



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