



Adaptable

Choreographed by Frank Trace

Description: 32 count, 4 wall, beginner/intermediate line dance

Music: **Trust Yourself** by Carlene Carter [105 bpm / CD: Hindsight 20/20]

Touch Me (All Night Long) by Cathy Dennis [120 bpm / CD: Move To This]

My Prerogative by Bobby Brown [110 bpm / CD: Greatest Hits]

KICK-BALL-HEEL WITH ¼ TURN LEFT, WALK, WALK, SHUFFLE FORWARD, ROCK, RECOVER

- 1&2 Kick right forward, step onto right as you turn ¼ left, touch left heel forward
 &3-4 Switch weight onto left and walk forward right, left (9:00)
 5&6 Shuffle forward right, left, right
 7-8 Rock forward on left, recover onto right

COASTER STEP, ¼ PIVOT LEFT, SAILOR, SAILOR ¼ TURN LEFT

- 1&2 Step left back, step right next to left, step left forward
 3-4 Step right forward, pivot ¼ turn to left (weight on left) (6:00)
 5&6 Sailor shuffle: step right behind left, step left to left, step right next to left
 7&8 Sailor shuffle: step left behind right turning ¼ to left, step on right, step left next to right (3:00)

SMALL JUMP FORWARD & BACK WITH HOLDS, SHUFFLE FORWARD TWICE

- &1-2 Small jump forward stepping right, left, hold (snap fingers or clap hands)
 &3-4 Small jump back stepping right, left, hold (snap fingers or clap hands)

As you do these jumps, shimmy shoulders for style

- 5&6 Shuffle forward at a slight diagonal right (right, left, right)
 7&8 Shuffle forward at a slight diagonal left (left, right, left)

ROCK, RECOVER, ½ TRIPLE TURN, ROCK, RECOVER, ½ TRIPLE TURN

- 1-2 Rock forward on right, recover onto left
 3&4 Triple ½ turn right (right, left, right) (9:00)
 5-6 Rock forward on left, recover onto right
 7&8 Triple ½ turn left (left, right, left) (3:00)

REPEAT

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