



ADAPTABLE

Choreographed by Frank Trace

Description: 32 counts, 4 walls, Beginner/Intermediate Single Line Dance

Music: **Trust Yourself** by Carlene Carter

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

- 1&2 Kick right forward, step right together, turn ¼ left and touch left heel forward
&3-4 Step left together, step right forward, step left forward (9:00)
5&6 Chassé forward right, left, right
7-8 Rock left forward, recover to right

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

- 1&2 Step left back, step right together, step left forward
3-4 Step right forward, turn ¼ left (weight to left, 6:00)
5&6 Right sailor step
7&8 Cross left behind right, turn ¼ left and step right to side, step left together (3:00)

SMALL JUMP FORWARD & BACK WITH HOLDS, SHUFFLE FORWARD TWICE

- &1-2 Small step right forward, step left together, hold
Snap fingers or clap hands
&3-4 Small step right back, step left together, hold
Snap fingers or clap hands
As you do these jumps, shimmy shoulders for style
5&6 Shuffle forward diagonally right stepping right, left, right
7&8 Shuffle forward diagonally left stepping left, right, left

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

- 1-2 Rock right forward, recover to left
3&4 Triple in place turning ½ right and step right, left, right (9:00)
5-6 Rock left forward, recover to right
7&8 Triple in place turning ½ left and step left, right, left (3:00)

REPEAT