



Adaptable

Choreographed by Frank Trace

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

Music: **Trust Yourself** by Carlene Carter [105 bpm / Hindsight 20/20]
Touch Me (All Night Long) by Cathy Dennis [120 bpm / Move To This]
My Prerogative by Bobby Brown [110 bpm / Greatest Hits]
Come On Over (All I Want Is You) by Christina Aguilera [120 bpm / Christina Aguilera]
Ladies Love Country Boys by Trace Adkins [116 bpm ECS/WCS/Cha / Dangerous Man]

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, turn ¼ to left, step to right on right foot, 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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