

# ADAPTABLE

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**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Frank Trace

**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** Shuffle forward right, left, right

**7-8** Rock left forward, recover onto 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** Cross right behind left, step left to side, step right to side

**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 onto left

**3&4** Triple in place turning ½ right and step right, left, right (9:00)

**5-6** Rock left forward, recover onto right

**7&8** Triple in place turning ½ left and step left, right, left (3:00)

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=65762](https://www.linedance.com/index.php?f=dance_view&id=65762)