

Adaptable

Choreographer: Frank Trace

Description: 32 count, 4 wall, beg/int line dance

Music: **Trust Yourself** by Carlene Carter 105 bpm

Touch Me (All Night Long) by Cathy Dennis 120 bpm

My Prerogative by Bobby Brown 110 bpm

Come On Over (All I Want Is You) by Christina Aguilera 120 bpm

Beats / Step Description

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)

Smile and Begin Again