



ADAPTABLE

Choreographed by Frank Trace
32 Count, 4 Wall, Beginner / Intermediate level line dance
Music: Trust Yourself by Carlene Carter

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KICK-BALL-HEEL WITH 1/4 TURN LEFT, WALK, WALK, SHUFFLE FORWARD, ROCK, RECOVER

- 1 & 2 Kick right forward, step onto right as you turn 1/4 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, 1/4 PIVOT LEFT, SAILOR, SAILOR 1/4 TURN LEFT

- 1 & 2 Step left back, step right next to left, step left forward
- 3 4 Step right forward, pivot 1/4 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 1/4 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, 1/2 TRIPLE TURN, ROCK, RECOVER, 1/2 TRIPLE TURN

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

REPEAT

(Originally taught by Elysium Dance Designs 2008/03)

