

Adaptable

Description: 32 Count, 4 Wall, Beginner/Intermediate Line Dance
Choreographer: Frank Trace

Music: Trust Yourself By: Carlene Carter [105 bpm]
My Perogative By: Bobbie Brown [110 bpm]
Come On Over By: Christina Aguilera

Instructor: Dee Blansett, Concord, OH
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Kick-Ball-Heel With ¼ Turn Left, &, Walk, Walk, Shuffle Forward, Rock-Recover

1 & 2 Kick Right forward (1), Step onto Right – ¼ turn left (&), Touch Left heel forward (2)
&3- 4 Switch weight onto Left (&), Walk forward Right (3), Walk forward Left (4) **(9:00)**
5 & 6 Step forward Right (5), Step Left beside right (&), Step forward Right (6)
7 - 8 Rock forward on Left (7), Recover weight onto Right (8)

Coaster-Step, Step, ¼ Pivot Left, Right Sailor, Left Sailor With ¼ Turn Left

1 & 2 Step back on Left (1), Step Right beside left (&), Step forward Left (2)
3 - 4 Step forward Right (3), Pivot ¼ turn left – weight ends on Left (4) **(6:00)**
5 & 6 Step Right behind left (5), Step Left side left (&), Step Right beside left (6)
7 & 8 Step Left behind right- turning ¼ turn left (7), Step Right side right (&), Step Left beside right (8)
(3:00)

Small Jumps Forward & Back W/Holds, Shuffle Forward (2x)

&1-2 Small jump forward stepping - Right (&), Left (1), Hold (2) snap fingers or clap hands on the hold
&3-4 Small jump back stepping - Right (&), Left (3), Hold (4) snap fingers or clap hands on the hold

Note: As you do these jumps, shimmy shoulders for style

5 & 6 Shuffle fwd. at a slight diagonal right stepping – Right (5), Left (&), Right (6)
7 & 8 Shuffle fwd. at a slight diagonal left stepping – Left (7), Right (&), Left (8)

Rock-Recover, ½ Triple Turn Right, Rock-Recover, ½ Triple Turn Left

1 - 2 Rock forward on Right (1), Recover weight onto Left (2)
3 & 4 (Triple ½ turn right) stepping – Right (3), Left (&), Right (4) **(9:00)**
5 - 6 Rock forward on Left (5), Recover onto Right (6)
7 & 8 (Triple ½ turn left) stepping – Left (7), Right (&), Left (8) **(3:00)**

Repeat!