



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 / Available on iTunes]
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 / Dangerous Man / Available on iTunes]

Start dancing on lyrics

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 Chassé forward right, left, right
 7-8 Rock left forward, recover to 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 Right sailor step
 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 Chassé forward diagonally right stepping right, left, right
 7&8 Chassé forward diagonally left stepping left, right, left

ROCK, RECOVER, ½ TRIPLE TURN, ROCK, RECOVER, ½ TRIPLE TURN

1-2 Rock right forward, recover to left
 3&4 Triple in place turning ½ right and step right, left, right (9:00)
 5-6 Rock left forward, recover to right
 7&8 Triple in place turning ½ left and step left, right, left (3:00)

REPEAT

Frank Trace | EMail: franktrace@sssnet.com | Website: http://www.traceofcountry.com
 Address: 2812 Mill Ridge Path NE, Massillon, Ohio 44646 | Phone: 330-833-1763

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