

# Adaptable

Count: 32

Wall: 4

Level: Improver

Choreographer: Frank Trace (USA)

Music: Trust Yourself - 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**

---