



Specializing in  
Line Dancing &  
Couples Flow Dancing  
To All Types of Music

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons
- D.J. Service

## Adaptable

Choreographed by Frank Trace

**Description:** 32 count, 4 wall, beginner/intermediate line dance

**Music:** *Trust Yourself* by Carlene Carter, *Touch Me (All Night Long)* by Cathy Dennis, *My Prerogative* by Bobby Brown

### **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)

### **REPEAT**