

# **ADAPTABLE**

32 count, 4 wall Easy Intermediate Line Dance  
Choreographed by Frank Trace [franktrace@sssnet.com](mailto:franktrace@sssnet.com)  
Phone: 330-833-1763

Music Suggestions:

“Trust Yourself” by Carlene Carter (116 bpm) – Country

"Come On Over" by Christina Aguilera - Pop

“Touch Me” by Cathy Dennis (120 bpm) - Disco

“My Prerogative” by Bobby Brown (110 bpm) - Funky

**I choreographed this dance to be “Adaptable” to a variety of music.**

## **KICK-BALL-HEEL with 1/4 TURN LEFT, WALK, WALK, SHUFFLE FORWARD, ROCK, RECOVER**

- 1&2 Kick R forward, step onto R as you turn 1/4 left, touch L heel forward  
&3-4 Switch weight onto L and walk forward R, L (9:00)  
5&6 Shuffle fwd R, L, R  
7-8 Rock forward on L, recover onto R

## **COASTER STEP, 1/4 PIVOT LEFT, SAILOR, SAILOR 1/4 TURN LEFT**

- 1&2 Step L back, step R next to L, step L forward  
3-4 Step R forward, pivot 1/4 turn to left (weight on L) (6:00)  
5&6 Sailor Shuffle: step R behind L, step L to left, step R next to L  
7&8 Sailor Shuffle: step L behind R turning 1/4 to left, step on R,  
step L next to R (3:00)

## **SMALL JUMP FORWARD & BACK WITH HOLDS, SHUFFLE FORWARD TWICE**

- &1-2 Small jump forward stepping R, L, hold (snap fingers or clap hands)  
&3-4 Small jump back stepping R, L, hold (snap fingers or clap hands)  
**Note:** As you do these jumps, shimmy shoulders for style.  
5&6 Shuffle forward at a slight diagonal right (R, L, R)  
7&8 Shuffle forward at a slight diagonal left (L, R, L)

## **ROCK, RECOVER, 1/2 TRIPLE TURN, ROCK, RECOVER, 1/2 TRIPLE TURN**

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

**REPEAT**