

# Adaptable

拍数: 32      墙数: 4      级数: Improver  
编舞者: Frank Trace (USA)  
音乐: Trust Yourself - Carlene Carter



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## 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**

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