

STEVE MOODY'S
ENTERTAINMENT
CONNECTION

Balto:(410) 382-4655 / Shore: (410) 634-9311

Visit on-line at
www.DancingWithSteveMoody.com

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]

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 ECS/WCS/Cha / Dangerous Man]

KICK BALL HEEL WITH TURN ¼ LEFT, WALK, WALK, SHUFFLE FORWARD, ROCK, RECOVER

1&2Kick right forward, step right together, turn ¼ left and touch left heel forward

&3-4Step left together, step right forward, step left forward (9:00)

5&6Shuffle forward right, left, right

7-8Rock left forward, recover onto right

COASTER STEP, ¼ PIVOT LEFT, SAILOR, SAILOR TURN ¼ LEFT

1&2Step left back, step right together, step left forward

3-4Step right forward, turn ¼ left (weight to left, 6:00)

5&6Cross right behind left, step left to side, step right to side

7&8Cross 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

&1-2Small step right forward, step left together, hold

Snap fingers or clap hands

&3-4Small step right back, step left together, hold

Snap fingers or clap hands

As you do these jumps, shimmy shoulders for style

5&6Shuffle forward diagonally right stepping right, left, right

7&8Shuffle forward diagonally left stepping left, right, left

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

1-2Rock right forward, recover onto left

3&4Triple in place turning ½ right and step right, left, right (9:00)

5-6Rock left forward, recover onto right

7&8Triple in place turning ½ left and step left, right, left (3:00)

REPEAT