

Trust Yourself

Choreographed by Dottie Cadden

Description: 48 count, beginner/intermediate partner/circle dance

Music: **Trust Yourself** by Carlene Carter *Start dancing on lyrics*

STEP ½ TURN, STEP ½ TURN, STEP, LOCK, SHUFFLE (USING LEFT HANDS FOR TURNING)

1-4 Step right foot forward, ½ turn left, step right foot forward, ½ turn left

5-6 Step right foot forward, lock left foot behind right

7&8 Shuffle forward right, left right

STEP ½ TURN, STEP ½ TURN, STEP, LOCK, SHUFFLE (USING RIGHT HANDS FOR TURNING)

1-4 Step left foot forward, ½ turn right, step left foot forward, ½ turn right

5-6 Step left foot forward, lock right foot behind left

7&8 Shuffle forward left, right, left

SHUFFLES, WALK, WALK, SHUFFLE

1&2 Shuffle forward right, left, right

3&4 Shuffle forward left, right, left

5-6 Walk forward right, left

7&8 Shuffle forward right, left, right

ROCK, RECOVER, SHUFFLE, ROCK, RECOVER, SHUFFLE ¼

1-2 Rock forward on left foot, recover right back

3&4 Shuffle back left, right, left

5-6 Rock right foot back, recover forward on left foot

7&8 **MAN:** Shuffle right, left, right while turning ¼ turn right to face OLOD

LADY: Shuffle right, left, right while turning ¼ turn left to face ILOD

Right arm over lady's head. Do not let go of hands arms are crossed rights on top

4 COUNT ¼ TURN, SHUFFLE, WALK, WALK

1-4 **MAN:** Step left with left foot, behind with right foot, turn ¼ left with left foot, step forward on right.

Right arm over lady's head to cape

LADY: Step behind with left foot, turn ¼ right with right foot, step slightly forward on left, forward right

5&6 Shuffle forward left, right, left

7-8 Walk forward right, left

MAN: ROCK, RECOVER, SHUFFLE / LADY: STEP ½ TURN, SHUFFLE

1-2 Rock forward on right foot, recover to left

3&4 **MAN:** Shuffle back right, left, right

LADY: Turn ½ turn right shuffling right, left, right

Release left hands, use right for lady's turn

5-6 **MAN:** Rock left back, recover forward on right

LADY: Step forward on left, ½ pivot turn right

Return back to Cape

7&8 Shuffle forward left, right, left

REPEAT