

Metamorphosized

Choreographed by James O. Kellerman

Description: 32 count, 4 wall, intermediate line dance

Music: **Clown In Your Rodeo** by Kathy Mattea

Giving Water To A Drowning Man by Lee Roy Parnell

(If You're Not In It For Love) I'm Outta Here by The Real McCoy

Total Eclipse Of The Heart by Bonnie Tyler

Start dancing on lyrics

STOMP, HOLD, STOMP, HOLD, STOMP, SNAP, SAILOR SHUFFLE:

1 Stomp right forward

2 Hold

3 Stomp left forward

4 Hold

5 Stomp right forward

6 Snap fingers

7 Cross left behind right

& Step 1/8 turn to the right on right

8 Step to left on left (parallel to right foot)

SAILOR SHUFFLES, TWIST, TWIST-TURN, KICK-BALL-CHANGE:

9 Cross right behind left

& Step left to side

10 Step 1/8 turn to the right on right (completing 1/4 turn right)

11 Cross left behind right

& Step right to side

12 Step to left on left (feet shoulder width apart)

13 Lift heels off floor and twist body and head 1/8 turn right

14 On balls of feet, pivot 3/8 turn left (facing starting wall)

15 Kick right forward

& Step right toe next to left

16 Recover to left

KNEE SHAKES AND HIP ROLLS:

17 Touch toes of right to right and push knee to right

& Return knee to center

18 Push knee to right

& Return knee to center

19 Push knee to right

& Return knee to center

20 Return knee to center and shift weight to right foot

21 Roll hips to right and over

22 Roll hips to left and down

23 Roll hips to right and over

24 Roll hips to left and down

KICK, TURN, STOMP, STOMP, MONTEREY TURN:

25 Kick right forward

26 Keeping right knee bent, pivot 1/4 turn left on ball of left

27 Stomp right together

28 Stomp right together

- 29 Touch toes of right to the right
- 30 Pivot $\frac{1}{2}$ turn right on ball of left and step right next to left
- 31 Touch toes of left to left side
- 32 Step left together

REPEAT