

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

"Believe" by Cher

STOMP, HOLD, STOMP, HOLD, STOMP, SNAP, SAILOR STEP (3X)

- 1-2 Stomp forward on right, hold
- 3-4 Stomp forward on left, hold
- 5-6 Stomp forward on right, snap fingers (or just hold)
- 7&8 Left sailor step (cross left behind right, step right to right side, step left forward to original spot)
- 9&10 Right sailor step (cross right behind left, step left to left side, step right forward to original spot)
- 11&12 Left sailor step (cross left behind right, step right to right side, step left forward to original spot)

TWIST, TWIST-TURN, KICK-BALL-CHANGE

- 13 Lift heels off floor and twist body and head 1/8 turn right
- 14 On balls of feet, pivot 1/8 turn left
- 15&16 Kick right foot forward, step ball of right next to left, change weight 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
- 21-22 Roll hips to right and over, roll hips to left and down
- 23-24 Roll hips to right and over, roll hips to left and down

KICK, TURN, STOMP, STOMP, MONTEREY TURN

- 25 Kick right foot forward
- 26 Keeping right knee bent (and in the air), pivot 1/4 turn left on ball of left
- 27-28 Stomp right next to left, stomp right next to left
- 29 Touch toes of right to the right
- 30 Pivot 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 next to right

REPEAT