



## Metamorphosized

Choreographed by James O. Kellerman

**Description:** 32 count, 4 wall, intermediate line dance

**Music:** **Clown In Your Rodeo** by Kathy Mattea [196 bpm / Walking Away A Winner]

**Giving Water To A Drowning Man** by Lee Roy Parnell [120 bpm / We All Get Lucky Sometimes]

**(If You're Not In It For Love) I'm Outta Here** by The Real McCoy [Platinum & Gold Collection]

**Total Eclipse Of The Heart** by Bonnie Tyler [CD: Mulletts Rock! Too! - Mulletts In Love / Available on iTunes]

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
- & Step 1/8 turn to the right on right
- 8 Step left side (parallel to right foot)

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

- 9 Cross right behind
- & Step left side
- 10 Step 1/8 turn to the right on right (completing  $\frac{1}{4}$  turn right)
- 11 Cross left behind
- & Step right side
- 12 Step left side (feet shoulder width apart)
- 13 Lift heels off floor and twist body and head 1/8 turn right
- 14 On balls of feet, turn  $\frac{3}{8}$  left (facing starting wall)
- 15 Kick right forward
- & Step right toe together
- 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, turn  $\frac{1}{4}$  left on ball of left
- 27 Stomp right together
- 28 Stomp right together

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

**REPEAT**

---

**James O. Kellerman** | EMail: [bigd\\_dancer@yahoo.com](mailto:bigd_dancer@yahoo.com)

Address: 1014 Main Street, Union Grove, WI 53182 | Phone: (773) 460-2400

Print layout ©2005 - 2014 by Kickit. All rights reserved.