

Metamorphosized

Choreographed by James O. Kellerman

Description: 32 count, 4 wall, intermediate line dance

Music: Total Eclipse Of The Heart by Bonnie Tyler;

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

- 1, 2, 3, 4 Stomp right forward, Hold, Stomp left forward, Hold
- 5, 6 Stomp right forward, Snap fingers,
- 7 & 8 Cross left behind right, step right to the right, step to left on left

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

- 1&2 Cross right behind left, step left to side, step 1/4 turn right on right
- 3&4 Cross left behind right, step right to side, step to left on left (feet shoulder width apart)
- 5, 6 Twist heels and twist body 1/4 turn right, on balls of feet, pivot 1/2 turn left (facing starting wall)
- 7&8 Kick right forward, step right toe next to left, recover to left

KNEE SHAKES AND HIP ROLLS:

- 1 Touch toes of right to right and push knee to right
- & Return knee to center
- 2 Push knee to right
- & Return knee to center
- 3 Push knee to right
- & Return knee to center
- 4 Return knee to center and shift weight to right foot
- 5, 8 Roll hips to right, Roll hips to left and down

KICK, TURN, STOMP, STOMP, MONTEREY TURN:

- 1, 2 Kick right forward, bend right knee turning 1/4 turn left on ball of left
- 3, 4 Stomp right together, Stomp right together
- 5, 6 Touch toes of right to the right, pivot 1/2 turn right on ball of left and step right next to left
- 7, 8 Touch toes of left to left side, step left together