



Anthony N. Makres
LineDancing@AnthonyMakres.com
443.801.5678
www.AnthonyMakres.com

METAMORPHOSIZED

Choreographer: James O. Kellerman

4 Wall • 32 Count • Intermediate Line Dance

Songs: Kathy Mattea – Clown In Your Rodeo

Diamond Rio – Bubba Hyde

Bonnie Tyler – Total Eclipse of The Heart

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

1-2 Stomp forward on right, Hold

3-4 Stomp forward on left, Hold

5-6 Stomp forward on right, Snap fingers

7&8 Cross step left behind right, Step 1/8 turn to the right on right, Step to left on left (parallel to right foot)

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

9&10 Cross step right behind left, Step to left on left, Step 1/8 turn to the right on right (completing ¼ turn right)

11&12 Cross step left behind right, Step to right on right, Step to left on left (feet shoulder width apart)

13-14 Lift heels off floor and twist body and head 1/8 turn right, On balls of feet, pivot 3/8 turn left (facing starting wall)

15&16 Kick right foot forward, Step ball of right next to left, Change weight to left

KNEE SHAKES AND HIP ROLLS:

17&18 Touch toes of right to right and push knee to right, Return knee to center, Push knee to right

&19 Return knee to center, Push knee to right

&20 Return knee to center, 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:

25-26 Kick right foot forward, Keeping right knee bent, pivot ¼ turn left on ball of left

27-28 Stomp right next to left, Stomp left next to right

29-30 Touch toes of right to the right, Pivot ½ turn right on ball of left and step right next to left

31-32 Touch toes of left to left side, Step left next to right

REPEAT