

Metamorphosized

Choreographed by James O. Kellerman

Description: 32 count, 4 wall, intermediate line dance

Music: Bubba Hyde- Diamond Rio

The Big One- George Strait

STOMP, HOLD, STOMP, HOLD, STOMP, HOLD, SNAP

- 1-2 Stomp right forward & hold
- 3-4 Stomp left forward & hold
- 5 Stomp right forward
- 6 Hold & snap right fingers with an attitude
- 7 Cross & step left behind right
- & Stepping right to right side, start ¼ turn right
- 8 Step to left to left side

SAILOR SHUFFLE & FINISH ¼ TURN, SAILOR SHUFFLE, TWIST, KICK BALL CHANGE

- 1 Cross & step right behind left, continuing right turn
- & Step left to left side
- 2 Stepping right to right side, finish ¼ turn right
- 3 Cross & step left behind right
- & Step right to right side
- 4 Step left to left side (feet shoulder width apart)
- 5 On balls of both feet, twist body & head 1/8 turn right
- 6 On balls of both feet, twist body & head 3/8 turn left (facing starting wall)
- 7&8 Right Kick Ball Change

RIGHT KNEE SHAKE AND BODY ROLLS BACK

- 1 Point right toe out to right side & push right knee right & back to left
- 2-3-4 Repeat this move three more times. On last knee push right, shift weight to right foot
- 5-6 Turning body slightly to right, roll hips to left & back
- 7-8 Rolls hips forward & back. Shifting weight to left, face forward
(Use your shoulders with hip rolls to add some attitude to dance)

FORWARD KICK, ¼ TURN, STOMPS, ¼ MONTEREY

- 1 Kick right foot forward
- 2 Bringing right knee up into hitch position (bent), turn ¼ turn left on ball of left
- 3 Stomp right beside left
- 4 Stomp left beside right
- 5 Touch right toe out to right side
- 6 On ball of left, turning ½ turn right, slide & step right beside left
- 7 Touch left toe out to left side
- 8 Step left beside right

REPEAT



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