

Metamorphosis

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Jan Wyllie (AUS) - February 2010
音乐: 'Til a Tear Becomes a Rose - Lorrie Morgan & Keith Whitley
或: 'Til a Tear Becomes a Rose - Jann Browne



16 count intro

Walk Fwd RL, 1/4 Turn Touch, Shuffle Fwd, Rock Fwd Back

1,2,3,4 Walk fwd R, L, Step fwd on R making 1/4 turn left, Touch L beside R
5&6 Shuffle fwd L,R,L
7,8 Rock/step fwd on R, Rock back on L

Walk Back RL, 1/4 Turn Touch, Shuffle Fwd, Rock Fwd Back

9,10,11,12 Walk back R,L, Step back on R making 1/4 turn right, Touch L beside R
13&14 Shuffle fwd L,R,L
15,16 Rock/step fwd on R, Rock back on L

1/2 Toe Strut, 1/4 Turn Step Behind, 1/4 Shuffle Fwd, 1/4 Turn Step Behind

17,18 Making 1/2 turn right step R toe fwd, Step down on R heel (1/2 toe strut)
19,29 Making 1/4 right step L to left, Step R behind L
21&22 Making 1/4 left shuffle fwd L,R,L
23,24 Making 1/4 left step R to right, Step L behind R

1/4 Shuffle Fwd, Step Pivot 1/2, Toe Strut Fwd, 1/2 Turn 1/4 Turn

25&26 Making 1/4 right shuffle fwd R,L,R
27,28 Step fwd on L, Pivot 1/2 right transferring wt to R
29,30 Step fwd on L toe, Drop L heel to ground (toe strut)
31 Step fwd on R making 1/2 turn left (becomes a 'step back')
32 Making 1/4 left step L to left side

Cross/Rock Back, Rock Back Fwd, Cross/Rock Back, Side Shuffle

33,34,35,36 Cross/rock R over L, Rock back on L, Rock/step back on R, Rock fwd on L
37,38,39,40 Cross/rock R over L, Rock back on L, Shuffle right stepping R,L,R

Cross/Rock Back, Rock Back Fwd, Cross/Rock Back, 1/4 Shuffle

41,42,43,44 Cross/rock L over R, Rock back on R, Rock/step back on L, Rock fwd on R
45,46,47&48 Cross/rock L over R, Rock back on R, Making 1/4 left Shuffle fwd L,R,L

1/2 Shuffle, Unwind 1/2, Rock Fwd Back, 1/2 Rock Replace

49&50 Making 1/2 left shuffle back R,L,R
51,52 Touch L toe back, Unwind 1/2 left taking wt on L
53,54 Rock/step fwd on R, Rock back on L
55,56 Making 1/2 right rock/step fwd on R, Rock /replace wt back on L

Step Back Hook, Step Fwd Scuff, Shuffle Fwd, Step Fwd Scuff

57,58 Step back on R, Hook L across R
59,60 Step fwd on L, Scuff R fwd
61&62 Shuffle fwd R,L,R
63,64 Step fwd on L, Scuff R fwd

Here's another lovely old country song.

The dance is middle of the road, not too easy and not too hard. Hope it suits YOU!

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