

Metamorphosized

拍數: 32 牆數: 4 級數: Intermediate
編舞者: James O. Kellerman (USA)
音樂: Clown in Your Rodeo - Kathy Mattea



Alt. music: Bubba Hyde by Diamond Rio

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

- 1 Stomp forward on right
- 2 Hold
- 3 Stomp forward on left
- 4 Hold
- 5 Stomp forward on right
- 6 Snap fingers
- 7 Cross step left behind right
- & Step 1/8 turn to the right on right
- 8 Step to left on left (parallel to right foot)

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

- 9 Cross step right behind left
- & Step to left on left
- 10 Step 1/8 turn to the right on right (completing 1/4 turn right)
- 11 Cross step left behind right
- & Step to right on right
- 12 Step to left on left (feet shoulder width apart)
- 13 Lift heels off floor and twist body and head 1/8 turn right
- 14 On balls of feet, pivot 3/8 turn left (facing starting wall)
- 15 Kick right foot forward
- & Step ball of right next to left
- 16 Change weight 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 foot forward
- 26 Keeping right knee bent, pivot 1/4 turn left on ball of left
- 27 Stomp right next to left
- 28 Stomp left next to right
- 29 Touch toes of right to the right
- 30 Pivot 1/2 turn right on ball of left and step right next to left

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

REPEAT

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