

# Metamorphosis

**COPPER KNOB**  
STEPPERS

拍數: 64                      牆數: 2                      級數: Easy Intermediate  
編舞者: Jan Wyllie (AUS) - February 2010  
音樂: '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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