



Metamorphosized



Description: 32 Count, 4 Wall, Intermediate Line Dance
Choreographer: James O. Kellerman

Suggested Music: Get Ready for This (Let's Get Ready to Rumble) By: 2 Unlimited

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Stomp, Hold (3X), Left Sailor Shuffle

- 1-2 Stomp forward Right (1), Hold, (2),
- 3-4 Stomp forward Left (3), Hold (4)
- 5-6 Stomp forward Right (5), Hold (6)
- 7&8 Step Left behind right (7), Step Right side right (&), Step Left side left (8)

Right Sailor with ¼ Right, Left Sailor, Twist, Twist-Turn, Kick-Ball-Change

- 1&2 Step Right behind left- Turning ¼ turn Right (1), Step Left side Left (&), Step Right side right (2)
- 3&4 Step Left behind right (3), Step Right side right (&), Step Left side left (4)
- 5-6 Twist Right (5), Twist Left with ¼ Turn left (6) **12:00 Wall**
- 7&8 Kick Right foot forward (7), Step ball of Right beside left (&), Step Left beside right – weight on left (8)

Hip Shakes and Twists

- 1-4 Step Right foot 1/8 turn Left- Move hips to Right (1), Shake hips to right three times (2-4)
Shift weight on Left
- 5-8 Twist hips back and forth Right (5), Left (6), Right (7), Left (8)

Kick, Turn, Stomp, Stomp, Monterey Turn

- 1-2 Kick Right forward (1), Keep weight on left – pivot ¼ turn Left and Kick Right (2)
- 3-4 Stomp Right (3), Stomp Left (4)
- 5-6 Touch Right toe side right (5), Swing Right around ½ turn right stepping right next to left (6)
weight ends on right
- 7-8 Touch Left toe side left (7), Step Left next to right (8) weight on left

Repeat!