

# Just a Phase

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**Count:** 32

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Fred Whitehouse (Ireland) & Maddison Glover (Australia) January 2019

**Music:** Just a Phase – Adam Craig (3.08)

## Choreographed for the 2019 Crystal Boot Awards

Dance begins on lyrics (8 counts from beginning of the track)

**Back Rock/Recover, ½ Turn, Cross, Side, Behind/Sweep, Behind, Side, Fwd, ¼ Rock/Sway, Sway**

- 1,2** Rock back onto L (angle body to front L diagonal), recover weight fwd onto R
- &3** Turn ¼ R stepping back onto L (3:00), turn ¼ R stepping R to R side as you sweep L around/fwd (6:00)
- 4&5** Cross L over R, step R to R side, cross L behind R as you sweep R around/back
- 6&7** Cross R behind L, step L to L side, step/rock R fwd
- 8** Turn ¼ L as you rock/sway L to L side (3:00) Option: look to the front (12:00)
- &** Rock/sway R to R side (3:00) Option: look to the back (6:00)

**¼ Posé, Full Turn Fwd, Rock Fwd, Recover, ¼ Side, Weave, ¼ Fwd, Side Rock/ Recover, Cross, Side**

- 1** Turn ¼ L stepping fwd onto L whilst hitching R knee (Posé turn- R knee is open to R side) (12:00)
- 2&** Turn ½ L stepping back on R, turn ½ L stepping fwd onto L (12:00)
- 3&** Rock fwd onto R, recover weight back onto L
- 4** Turn ¼ R stepping R to R side as you roll R shoulder back (3:00)
- 5&6&** Cross L over R, step R to R side, cross L behind R, turn ¼ R stepping fwd onto R (6:00)
- 7&8&** Rock L to L side, recover weight onto R, cross L over R, step R to R side

## RESTART HERE DURING THE FOURTH SEQUENCE

**Diagonal Back, Walk Back, Side, 2x Walks Fwd, ¼ Lunge, ¼ 2x Runs Fwd, Fwd Sweep 1/4, Cross, Side, Back Rock (Looking Back)**

- 1,2&** Turn 1/8 L stepping back onto L (4:30), step back onto R, turn 1/8 L stepping L to L side (3:00)
- 3,4** Turn 1/8 L stepping fwd onto R (1:30), walk fwd on L (still facing 1:30)
- 5** Turn ¼ L as you rock/ lunge R to R side (10:30)
- 6&** Turn ¼ L stepping L fwd, step fwd onto R (7:30)
- 7** Step L fwd as you sweep R around/fwd making 1/8 turn L (6:00)
- 8&1** Cross R over L, step L to L side, turn 1/8 R as you rock back onto R (7:30)

**NOTE: In the chorus he sings "...look back and smile..." .On count 1, look back over your R shoulder and smile.**

**Fwd, ½, Back/Hook, Lock Shuffle Fwd, Pivot ½, Fwd Rock /Recover, Side Rock/Recover**

- 2&** Recover weight forward onto L (still facing 7:30), turn ½ L stepping back onto R (1:30)
- 3** Step back onto L as you hook R across L shin (1:30)
- 4&5** Step fwd onto R, lock L behind R, step fwd onto R (1:30)
- 6&** Step fwd onto L, pivot ½ turn over R (7:30) keeping weight on R
- 7&** Rock fwd onto L (7:30), recover weight back onto R
- 8&** Turn 1/8 L as you rock L to L side (6:00), recover weight onto R

**RESTART: During the FOURTH sequence, begin the dance facing 6:00.**

**Dance up to count 16 and restart facing 12:00.**

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