

Just A Phase

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Count: 32

Wall: 4

Level: Low Intermediate NC2 style

Choreographer: Kerri Lessard – April 2017

Music: Just A Phase by Adam Craig

Intro: After 8 counts just before lyrics

[1-8] NCL2 Basic R, NCL2 Basic L, Full rolling turn R, Fwd rock-recover

- 1-2&** Slide R to R side (1), Rock L behind R (2), Recover & cross R slightly over L (&)
- 3-4&** Slide L to L side (3), Rock R behind L (4), Recover & cross L slightly over R (&)
- 5-6** Step R forward $\frac{1}{4}$ turn right (5) (3:00) Make $\frac{1}{2}$ turn R stepping L back (6) (9:00)
- &7** Step R to R side $\frac{1}{4}$ turn R (&) (12:00) Step L forward (7)
- 8&** Rock R forward (8), Recover back on L (&)

Note: Easier non-turning option for counts 5-6&7 (rolling turn)

Step R to R side (5), Cross L behind R (6), Step R to R side (&), Step L forward (7)

[9-17] $\frac{1}{2}$ Turn-Sweep, X, back, Scissor step, Rock-rec-x-back, Sailor turn

- 1** Make a $\frac{1}{2}$ turn R stepping R forward & simultaneously sweep L foot forward (6:00)
- 2&** Cross L over R (2), Step R back (&)
- 3&4** Step L to L side (3), Step R next to L (&) Cross L over R (4) (7:30)
- 5&6&** Rock R fwd (5), Recover back on L (&), Cross R over L (6), Step L back (&)

Note: Counts &6& above travel diagonally backwards left

- 7** Step R behind L & sweep L back $\frac{3}{8}$ turn to face 3:00 wall
- 8&1** Step L behind R (8), Step R to R side (&) Slide L to L side (1)

***1st RESTART: Wall 4 (facing 9:00) will be just instrumentals for 16 counts.**

On count 7 in sect 2 sweep L foot around $\frac{1}{4}$ turn L, but instead going into the sailor-step, just step L foot

behind R (for count 8) then start dance over with the right NCL2 step, facing 12:00.

[18-24] Rock & slide, Side-behind-side, Cross-Hitch $\frac{1}{4}$ turn, Step-lock-step, Rock-rec

- 2&3** Rock R behind L (2), Recover to R (&) Slide R to R side (3)

- 4& Cross L behind R (4), Step R to R side (&)
- 5 Cross L over R and Hitch R knee into a left ¼ turn (12:00)
- 6&7 Step R forward (7), Lock L behind R (&), Step R forward (8)
- 8& Rock L forward (8), Recover back on R (&)

[25-32] Step back-Drag, Coaster step, Step ¼ pivot-cross, Weave R, Rock-recover

- 1 Take big step back on L and drag R heel in to meet L
- 2&3 Step R back (2), Step L next to R (&), Step R forward (3)
- 4&5 Step L forward (4), Pivot ¼ turn R (&), Cross L over R (5) (3:00)
- &6&7 Step R to R side (&), Cross L behind R (6), Step R to R side (&), Cross L over R (7)
- 8& Rock R forward (8), Recover back on L (&)

****2nd RESTART: Start last wall (7) at 6:00. After first 3 counts, hold with weight on L & slowly drag R foot in to match pause in song, then restart dance from beginning.**

Option for counts 2&3 in section 3: Do a “R sailor step” instead of the “Rock-recover-slide”.

Option for counts 2-7 in section 2: Follow the L foot forward sweep (count 1) with a rocking chair for counts (2&3&4)

Replace the counts that follow (5&6&) with a “rock-recover, back, back, back” instead of “rock-recover, cross, back, cross”. Changes (‘in blue’) would look like this.

- 1 Make a ¼ turn R stepping R forward & simultaneously sweep L foot forward
- 2&3&‘Cross-rock L over R (2) 7:30 Recover to R (&), Rock L diag back (3), Recover to R (&)’
- 4‘Step L forward’
- 5&6&‘Rock R forward (5), Recover back on L (&), Walk back R (6), Walk back L (&)’
- 7 Step R behind L & sweep L back 3/8 turn to face 3:00 wall
- 8&1 Step L behind R (8), Step R to R side (&), Slide L to L side (1)

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Last Update - 4th June 2017