

# Just a Phase

**Choreographer:** Fred Whitehouse (Ireland) &

Maddison Glover (Australia) Jan 19



**Count:** 32    **Wall:** 2    **Level:** Intermediate

**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)**

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## **Back Rock, 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    ¼ R- Drehung mit LF Schritt rück, 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)

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## **¼ Posé, Full Turn Fwd, Rock Fwd, ¼ Side, cross- side- behind, ¼ Fwd, Side Rock, 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**

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## **Diag. Back, Back, Side, 2x Walks, ¼ Lunge, ¼ 2x Runs 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.**

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## **fwd, ½, Back/Hook, Lock triple Fwd, Pivot ½, Fwd Rock, Side Rock**

- 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.**