Just a Phase

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.

Contacts:-
f_whitehouse@hotmail.com
maddisonglover94@gmail.com
http://www.linedancewithillawarra.com/maddison-glover