

JUST A PHASE

Choreographed for the 2019 Crystal Boot Awards

Choreographers: Fred Whitehouse (Ireland) & Maddison Glover (Australia)

January 2019

Description: 32 Count, 2 Wall, Intermediate Line Dance Music: Just a Phase (3.08) – Adam Craig

Dance begins on lyrics (8 counts from beginning of the track)
Video: https://www.youtube.com/watch?v=HPj0ev4uknU

1,2 &3 4&5 6&7 8	Back Rock/Recover, ½ Turn, Cross, Side, Behind/Sweep, Behind, Side, Fwd, ¼ Rock/ Sway, Sway Rock back onto L (angle body to front L diagonal), recover weight fwd onto R 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) Cross L over R, step R to R side, cross L behind R as you sweep R around/back Cross R behind L, step L to L side, step/rock R fwd 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)
1 2& 3& 4 5&6& 7&8&	¼ Posé, Full Turn Fwd, Rock Fwd, Recover, ¼ Side, Weave, ¼ Fwd, Side Rock/ Recover, Cross, Side Turn ¼ L stepping fwd onto L whilst hitching R knee (Posé turn- R knee is open to R side) (12:00) Turn ½ L stepping back on R, turn ½ L stepping fwd onto L (12:00) Rock fwd onto R, recover weight back onto L Turn ¼ R stepping R to R side as you roll R shoulder back (3:00) Cross L over R, step R to R side, cross L behind R, turn ¼ R stepping fwd onto R (6:00) Rock L to L side, recover weight onto R, cross L over R, step R to R side RESTART HERE DURING THE FOURTH SEQUENCE
1,2& 3,4 5 6& 7 8&1	Diagonal Back, Walk Back, Side, 2x Walks Fwd, ¼ Lunge, ¼ 2x Runs Fwd, Fwd Sweep 1/4, Cross, Side, Back Rock (Looking Back) 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) Turn 1/8 L stepping fwd onto R (1:30), walk fwd on L (still facing 1:30) Turn 1/4 L as you rock/ lunge R to R side (10:30) Turn 1/4 L stepping L fwd, step fwd onto R (7:30) Step L fwd as you sweep R around/fwd making 1/8 turn L (6:00) 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.

RESTART: During the FOURTH sequence, begin the dance facing 6:00. Dance up to count 16 and restart facing 12:00.

Turn 1/8 L as you rock L to L side (6:00), recover weight onto R

Rock fwd onto L (7:30), recover weight back onto R

7&

88

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