

Just A Phase

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Kerri Lessard (USA) - April 2017
音乐: Just a Phase - Adam Craig

级数: Low Intermediate NC2 style



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 ¼ turn right (5) (3:00) Make ½ turn R stepping L back (6) (9:00)
&7 Step R to R side ¼ 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] □ ½ Turn-Sweep, X, back, Scissor step, Rock-rec-x-back, Sailor turn

1 Make a ½ 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 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 ¼ 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 ¼ 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
