

# Just a Phase

COPPER KNOB  
BY SHEETS

拍数: 32                      墙数: 2                      级数: Intermediate  
编舞者: Fred Whitehouse (IRE) & Maddison Glover (AUS) - January 2019  
音乐: 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.**

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