

It's Just a Phase

拍数: 32 墙数: 2 级数: High Improver
编舞者: Chris Bailey (USA) & Jo Mellown (USA) - October 2024
音乐: Just a Phase - Adam Craig



#8 count intro

Restart after 16 counts on wall 4:

[1-8] Night club basic right, ¼ L walk, walk, walk, Step forward and sweep, cross step, step side, ¼ turn L and point L toe back, unwind

1, 2 ;3: R step to R side (big step), step L slightly behind L, step R across L, ¼ turn L (9:00) and step forward L

4&5 Step forward R, step forward L, step forward R and sweep L back to front

6&7, 8 Step L across R, step R to side, ¼ turn left and touch L toe back (6:00), unwind L ½ turn and take weight to L (12:00)

Variation for counts 4&5: ½ turn pivot L (4), ½ turn pivot L (&), step forward R and sweep L back to front (5)

[9-17] Modified diamond starting with step to R side, ¼ turn L stepping L, walk, walk, big step R

1, 2&3 Step R to R side, step L back making 1/8 turn L (10:30), step R back making 1/8 turn L (9:00), step L to L side

4&5 Step R forward making 1/8 turn L (7:30), step L forward making 1/8 turn L (6:00), step R to side making ¼ turn L (4:30)

6&7 L step back making ¼ turn L (1:30), step R back making 1/8 turn L (12:00), 1/4 turn L stepping L forward (9:00)

8&1 Step R forward, step L forward, ¼ turn L making big step to R (6:00)

Variation for counts 8&1: ½ pivot L (8), ½ pivot L(&), ¼ turn L making big step to R (1)

****RESTART HERE ON WALL 4 after counts 8 & ****

[18-25] Night Club Basic, step forward, chase turn, step forward, 1/4 turn L, step back, Press R, recover and ½ L pointing R toe to side

2&3 L rock back, recover R, step forward L

4&5 Step R forward, ½ turn L taking weight to L (12:00), step R forward

6&7 Step L forward, ¼ turn L stepping R to side (9:00), step L back

8&1 Press R to R side, recover to L making ¼ turn L (6:00), ¼ turn left and point R toe to side (3:00)

[26-32] ¼ turn L with hitch, step side, ¼ turn L, ¼ turn L, sway L, R, L, R, L

2, 3 ¼ turn L and hitch R knee (12:00), step R to R side

4&5 ¼ turn L step back L (9:00), ¼ turn L step back R (6:00), sway L

6,7,8& Sway R, sway L, sway R, sway L (6:00)

RESTART WALL 4: 2nd time starting the dance on the back wall (6:00), dance 16 counts and restart the dance facing the front wall with the night club basic step (12:00).

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