

Just a Phase

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Fred Whitehouse (IRE) & Maddison Glover (AUS) - January 2019
音樂: 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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