

School Dance Styles

Association de Danse

JUST A PHASE

Count : 32 Wall : 2 Level : Intermediate

Choreographer : Fred Whitehouse & Maddison Glover (01/2019)

Music : Just a phase Adam Craig

Back Rock/Recover, 1/2 Turn, Cross, Side, Behind/Sweep, Behind, Side, Fwd, 1/4 Rock/ Sway, Sway

- 1,2 Rock back onto L (angle body to front L diagonal), recover weight fwd onto R
&3 Turn 1/4 R stepping back onto L 3,00,
turn 1/4 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 1/4 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)

1/4 Posé, Full Turn Fwd, Rock Fwd, Recover, 1/4 Side, Weave, 1/4 Fwd, Side Rock/ Recover, Cross, Side

- 1 Turn 1/4 L stepping fwd onto L whilst hitching R knee (Posé turn- R knee is open to R side) (12:00)
2& Turn 1/2 L stepping back on R, turn 1/2 L stepping fwd onto L (12:00)
3& Rock fwd onto R, recover weight back onto L
4 Turn 1/4 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 1/4 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, 1/4 Lunge, 1/4 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 1/4 L as you rock/ lunge R to R side (10:30)
6& Turn 1/4 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, 1/2, Back/Hook, Lock Shuffle Fwd, Pivot 1/2, Fwd Rock /Recover, Side Rock/Recover

- 2& Recover weight forward onto L (still facing 7:30), turn 1/2 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 1/2 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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