



Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **Just A Phase (CBA 2019)**
 Type: 32 Count, 2 Wall, Intermediate
 Choreographer: Fred Whitehouse (IE) & Maddison Glover (AU), January 2019
 Choreographed to: Just A Phase by Adam Craig (69 bpm, 3:06 min)

Intro: Start after count 8, on the vocals

Section 1	Back Rock, 1/2 Turn, Weave Right, Behind, Side, Step, 1/4 Sway, Sway	
1,2	Rock back on left angling body to diagonal (10:30). Recover on right	Back rock
&	Turn 1/4 right stepping left back (3:00)	Turn
3	Turn 1/4 right stepping right to right side and sweep left forward (6:00)	Turn
4&5	Cross left over right. Step right to right side. Cross left behind right and sweep left	Cross, side, behind
6&7	Cross right behind left. Step left to left side. Step right forward	Behind, side, step
8	Step left to left side and sway left making 1/4 turn left (3:00) turning head to front wall (12:00)	Sway
&	Sway right turning head to back wall (6:00)	Sway
Section 2	1/4 Turn, Full Turn, Mambo 1/4, Weave Right, 1/4 Turn, Mambo Cross, Side	
1	Step left 1/4 turn left and hitch right, knee open to side (12:00)	Turn
2&	Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward	Full turn
	<i>Non-turning steps 2&: Walk x 2</i>	
2&	<i>Walk forward stepping right, left</i>	<i>Walk, walk</i>
3&	Rock forward on right. Recover on left	Mambo
4	Turn 1/4 right stepping right to right side and roll right shoulder back (3:00)	Turn
5&6	Cross left over right. Step right to right side. Cross left behind right	Cross, side, behind
&	Step right 1/4 turn right (6:00)	Turn
7&8&*	Rock to side on left. Recover on right. Cross left over right. Step right to right side	Mambo cross, side
Section 3	Back x 2, Side, Step x 2, 1/4 Lunge, 1/4 Turn, Step x 2, Cross, Side, Close	
1,2	Turn 1/8 left stepping back on left (4:30). Step right back	Back, back
&3	Turn 1/8 left stepping left to left side (3:00). Step right 1/8 turn left (1:30)	Side, step
4	Step left forward	Step
5	Lunge to side on right making 1/4 turn left (10:30)	Lunge
6&	Step left 1/4 turn left (7:30). Step right forward	Turn, step
	<i>Non-turning steps 5-6&: Lunge, 1/2 Turn</i>	
5,6&	<i>Lunge right forward. Recover on left. Turn 1/2 right stepping right forward (7:30)</i>	<i>Lunge, recover, turn</i>
7	Step left forward and sweep right making 1/8 turn left (6:00)	Step
8&1	Cross right over left. Step left to left side. Turn 1/8 right stepping right beside left (7:30)	Cross, side, close
	<i>Styling steps 1: In the chorus he sings '.. look back and smile..' Look over right shoulder</i>	
Section 4	Step, 1/2 Turn, Back, Step Lock Step, Step Pivot 1/2, Forward Rock, Side Rock	
2&	Step left forward. Turn 1/2 left stepping right back (1:30)	Step, turn
3	Step left back and hook right over left	Back
4&5	Step right forward. Lock left behind right. Step right forward	Step, lock, step
6&	Step left forward. Pivot 1/2 turn right (7:30)	Step, pivot
7&	Rock forward on left. Recover on right	Forward rock
8&	Turn 1/8 left rocking to side on left (6:00). Recover on right	Side rock
Restart	* Wall 4 (6:00) after 16& Counts (restart facing 12:00)	