Phase shift:
$$\varphi = -\frac{C}{B} = -C(\frac{1}{B})$$

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Particul Translation (V.T.): $y = D$

\times	Cosihe	Sine
0 +4	A-1	OFD
1 P + 4	O+D	A + D
1 0	- A+0	0 + D
2 P	0+0	-A +D
PL	A.D	Q +D