Digital Age

Count: 68 **Wall:** 1 **Level:** Phrased Easy Intermediate

Choreographer: Daniel Trepat (NL), José Miguel Belloque Vane (NL) & Roy Verdonk (NL) - February 2016

Music: Digital Age (feat. Flemming) - Phreefall

Intro:☐2 counts (app. 1 sec into track, so it starts straight away)
Sequences: A - B - B - A* - A - B - B – A - B - B - A**

Restarts: -☐
A* = 2nd time part A after 8 counts & Restart with part A
A = 3rd time A dance the first 32 counts & Restart to part B**

Footwork Part A – 52 counts

A[1 – 9]☐¼ turn R, Step ½ turn R, 1/8 turn R, Step Lock Step, Rock, 1/8 turn R, Recover with Sweep, Sailorstep☐

1 – 3	¼ turn R stepping R forward (1), Step L forward (2), ½ turn R stepping R forward (3)☐9:00
4&5	1/8 turn R Stepping L forward (4), Lock R behind L (&), Step L forward (5)☐10:30
6 – 7	Rock R forward (6), 1/8 turn R & Recover on L & Sweep R from front to back (7)☐12:00
8&1	Cross R behind L (8), Step L slightly to L side (&), Step R to R side (1)☐12:00

A[10 – 17]☐Hold, ball Step, Hold, Ball Step, Cross Rockstep, Cha Cha ¼ turn L☐

2 – 5	Hold (2), Step on ball of L next to R (&), Step R to R side (3), Hold (4), Step on ball of L next to R (&), Step R to R side (5)☐12:00
6 – 7	Cross rock L over R (6), Recover on R (7) ☐12:00
8&1	Step L to L side (8), Step R next to L (&), ¼ turn L stepping L forward (1)☐9:00

A[17 – 25]☐Step fwd, ¼ turn L, Step fwd, Touch Side, Step fwd, Touch Side, Step Lock Step (starting a sweep with ¼ turn R)☐

2 – 3	Step R forward (2), ¼ turn L stepping L to L side (3),☐6:00
4 – 5	Step R forward (4), Touch L to L side (5)☐6:00
6 – 7	Step L forward (6), Touch R to R side (7),☐6:00
8&1	Step R forward (8), Lock L behind R (&), Step R forward & start turning a ¼ turn R sweeping L from back to front (8)☐6:00

A[26 – 32]☐(Finish ¼ turn R sweep), Cross, Hold, Ball Rockstep, Shuffle ¾ turn L☐

2 – 4	Finish ¼ turn R sweep (from last count) (2), Cross L over R (3), Hold (4)☐9:00
&5 – 6	Step R slightly to R side on the ball of foot (&), Rock L over R (5), Recover on R (6)☐9:00
7&8	¼ turn L stepping L to L side (7), ¼ turn L stepping R next to L (&), ¼ turn L stepping L forward (8)☐12:00

A[33 – 40]☐Side, Together, Forward, Mambo fwd, Step back, Rockstep☐

1 – 3	Step R to R side (1), Step L next R (2) Step R forward (3)☐12:00
4&5	Step L forward (4), Recover on R (&), Step L back (5)☐12:00
6 – 8	Walk back on R (6), Rock back on L (7) Recover on R (8)☐12:00

A[41 – 48]☐Step, Lock Step, Scuff, Jazzbox, Cross☐

1 – 4	Step L forward (1), Lock R behind L (2), Step L forward (3), Scuff R forward (4) ☐12:00
5 – 8	Cross R over L (5), Step L back (6), Step R to R side (7), Cross L over R (8)☐12:00

A[49 – 52]☐Sway R, Sway L☐

1 – 4	Step R to R side and sway body to R side (1 - 2), Recover weight on L & sway body to L side (3 - 4)☐12:00

Footwork Part B – 16 counts

B[1 – 8]☐Basic R, Syncopated full turn R, Cross with Sweep, Cross, ¼ turn R, ¼ turn R Side Lunge, ½ turn L☐

1 – 2&	Step R to R side (1), Step L next to R (2), Cross R over L (&)☐12:00
3&4&	¼ turn R stepping L back (3), ½ turn R stepping R forward (&), ¼ turn R rocking L to L side (4), Recover on R (&)☐12:00
5 – 6&	Cross L over R & sweep R from back to front (5), Cross R over L (6), ¼ turn R stepping L back (&)☐3:00
7 – 8&	¼ turn R stepping R to R side (7), Recover on L (8), ½ turn L stepping R next to L (8)☐12:00

B[9 – 16]☐Side Lunge, weight changes (R-L-R) with arm movements, Recover with sweep, Jazzbox, Weave☐

1 – 4	Step L to L side (1), Transfer weight to R (2), Transfer weight to L (3), Transfer weight to R (4)

Arm Movements: stick both hand next to body (1), Cross arm over each other R over L to R side (2), Put wrist together and turn to L side, the arms are now switched L is over R (3), Pull R elbow back (&), Pull R elbow again back but now further (4) (for a better explanation watch the video)☐12:00

5 – 6&	Step L to L side & sweep R from back to front (Throw R hand forward) (5), Cross R over L (6), Step L back (&)☐12:00
7&8&	Step R to R side (7), Cross L over R (&), Step R to R side (8), Cross L behind R (&)☐12:00

Begin again!