

Digital Age

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Count: 68

Wall: 1

Level: Phrased Easy Intermediate

Choreographer: Daniel Trepas (NL) & Jose Miguel Belloque Vane (NL) & Roy Verdonk (NL) Feb. 2016

Music: "Digital Age" by Phreefall ft. Flemming

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 - 3¼ 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 $\frac{1}{4}$ turn R sweeping L from back to front (8) 6:00

A[26 - 32] (Finish $\frac{1}{4}$ turn R sweep), Cross, Hold, Ball Rockstep, Shuffle $\frac{3}{4}$ turn L

2 - 4 Finish $\frac{1}{4}$ 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 $\frac{1}{4}$ turn L stepping L to L side (7), $\frac{1}{4}$ turn L stepping R next to L (&), $\frac{1}{4}$ 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, $\frac{1}{4}$ turn R, $\frac{1}{4}$ turn R Side Lunge, $\frac{1}{2}$ turn L

1 - 2& Step R to R side (1), Step L next to R (2), Cross R over L (&) 12:00

3&4& $\frac{1}{4}$ turn R stepping L back (3), $\frac{1}{2}$ turn R stepping R forward (&), $\frac{1}{4}$ 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), $\frac{1}{4}$ turn R stepping L back (&) 3:00

7 - 8& $\frac{1}{4}$ turn R stepping R to R side (7), Recover on L (8), $\frac{1}{2}$ 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!