Compte: 68 Mur: $1 \quad$ Niveau: Phrased Easy Intermediate
Chorégraphe: Daniel Trepat (NL), José Miguel Belloque Vane (NL) \& Roy Verdonk (NL) February 2016
Musique: Digital Age (feat. Flemming) - Phreefall


A[17-25] $\square$ Step fwd, $1 / 4$ turn L, Step fwd, Touch Side, Step fwd, Touch Side, Step Lock Step (starting a sweep with $1 / 4$ turn R) $\square$
2 - $3 \quad$ Step $R$ forward (2), $1 / 4$ turn $L$ stepping $L$ to $L$ side (3), $\square 6: 00$
4-5 Step R forward (4), Touch $L$ to $L$ side (5) $\square 6: 00$
6-7 Step L forward (6), Touch R to R side (7), $\square 6: 00$
8\&1 Step R forward (8), Lock L behind R (\&), Step R forward \& start turning a $1 / 4$ turn $R$ sweeping $L$ from back to front (8) $\square 6: 00$

A[26-32] $\square$ (Finish $1 / 4$ turn R sweep), Cross, Hold, Ball Rockstep, Shuffle $3 / 4$ turn L $\square$
2-4 Finish $1 / 4$ turn R sweep (from last count) (2), Cross L over R (3), Hold (4) $\square 9: 00$
\&5-6 Step R slightly to $R$ side on the ball of foot (\&), Rock L over R (5), Recover on R (6) $\square 9: 00$ $7 \& 8 \quad 1 / 4$ turn $L$ stepping $L$ to $L$ side (7), $1 / 4$ turn $L$ stepping $R$ next to $L(\&), 1 / 4$ turn $L$ stepping $L$ forward (8) $\square 12: 00$

A[33-40] $\square$ Side, Together, Forward, Mambo fwd, Step back, Rockstep $\square$
1 - $3 \quad$ Step $R$ to $R$ side (1), Step L next R (2) Step R forward (3) $\square 12: 00$
4\&5 Step L forward (4), Recover on R (\&), Step L back (5) $\square$ 12:00
6 - $8 \quad$ Walk back on $R(6)$, Rock back on $L$ (7) Recover on $R(8) \square 12: 00$
A[41-48] $\square$ Step, Lock Step, Scuff, Jazzbox, Cross $\square$
1-4 Step L forward (1), Lock R behind L (2), Step L forward (3), Scuff R forward (4) $\square 12: 00$
5-8 Cross R over L (5), Step L back (6), Step R to R side (7), Cross L over R (8) $\square 12: 00$
A[49-52] $\square$ Sway R, Sway LD
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) $\square 12: 00$

## Footwork Part B - 16 counts

$B[1-8] \square$ Basic R, Syncopated full turn R, Cross with Sweep, Cross, $1 / 4$ turn R, $1 / 4$ turn R Side Lunge, $1 / 2$ turn L
1-2\& Step R to R side (1), Step L next to R (2), Cross R over L (\&) $\square 12: 00$
3\&4\& $\quad 1 / 4$ turn $R$ stepping $L$ back (3), $1 / 2$ turn $R$ stepping $R$ forward ( $\&$ ), $1 / 4$ turn $R$ rocking $L$ to $L$ side (4), Recover on R (\&) $\square 12: 00$

5-6\& Cross L over R \& sweep R from back to front (5), Cross R over L (6), $1 / 4$ turn $R$ stepping $L$ back (\&) $\square 3: 00$
$7-8 \& \quad 1 / 4$ turn $R$ stepping $R$ to $R$ side (7), Recover on $L$ (8), $1 / 2$ turn $L$ stepping $R$ next to $L$ (8) $\square 12: 00$
$B[9-16] \square$ 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 (\&) $\square 12: 00$

7\&8\& Step R to R side (7), Cross L over R (\&), Step R to R side (8), Cross L behind R (\&) $\square 12: 00$

## Begin again!

