Digital Age



	<u> </u>			STEPSHEETS
Compte:		Mur: 1	Niveau: Phrased Easy Intermediate	
Choregraphe:	February 2016	· /·	Belloque Vane (NL) & Roy Verdonk (NL) -	
Musique:	Digital Age (feat. Flemming) - Phreefall			
) track, so it starts 3 - B – A** - B - B ·	• •	
		nts & Restart with 32 counts & Resta		
Footwork Part A				
A[1 – 9]□¼ turr Sailorstep□	n R, Step ½ turn	R, 1/8 turn R, Ste	p Lock Step, Rock, 1/8 turn R, Recover with Sv	weep,
1 – 3		•	Step L forward (2), ½ turn R stepping R forward	、 ,
4&5			, Lock R behind L (&), Step L forward (5)□10:3	
6 – 7 8&1		(),	Recover on L & Sweep R from front to back (7) $to L side (\&)$, Step R to R side (1) \Box 12:00	□12:00
001	Closs R benind	L (o), Step L Silgi	$\begin{array}{c} \text{Inty to L side (a), Step R to R side (1) \square 12.00 \end{array}$	
A[10 – 17]□Hol	ld, ball Step, Hol	d, Ball Step, Cros	s Rockstep, Cha Cha ¼ turn L□	
2 – 5		on ball of L next to R to R side (5)□12	R (&), Step R to R side (3), Hold (4), Step on b	oall of L next
6 – 7		ver R (6), Recover		
8&1		. ,	to L (&), $\frac{1}{4}$ turn L stepping L forward (1) \Box 9:00	
A[17 – 25]□Ste sweep with ¼ tu	•	Step fwd, Touch S	Side, Step fwd, Touch Side, Step Lock Step (st	arting a
2 – 3	•	(2), 1/4 turn L step	ping L to L side (3), \Box 6:00	
4 – 5		(4), Touch L to L s		
6 – 7	Step L forward	(6), Touch R to R	side (7),□6:00	
8&1	Step R forward L from back to f		d R (&), Step R forward & start turning a ¼ turn	R sweeping
A[26 – 32]□(Fir	nish ¼ turn R sw	eep), Cross, Hold	, Ball Rockstep, Shuffle $ m ^{3}$ turn L \Box	
2 – 4			count) (2), Cross L over R (3), Hold (4)□9:00	
&5 – 6			all of foot (&), Rock L over R (5), Recover on R	. ,
7&8	¹ ⁄ ₄ turn L steppir forward (8)□12	•	¼ turn L stepping R next to L (&), ¼ turn L step	ping L
A[33 – 40]□Sid	e, Together, For	ward, Mambo fwd	l, Step back, Rockstep⊡	
1 – 3			R (2) Step R forward (3)□12:00	
4&5	•	. ,	(&), Step L back (5)□12:00	
6 – 8	Walk back on R	R (6), Rock back or	n L (7) Recover on R (8)□12:00	
A[41 – 48]□Ste	p, Lock Step, So	cuff, Jazzbox, Cros	ss□	
1 – 4			L (2), Step L forward (3), Scuff R forward (4)	
5 – 8	Cross R over L	(5), Step L back (6), Step R to R side (7), Cross L over R (8) \Box 12	2:00
∆[49 - 521□Sw	av R Swav I 🗆			

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 $(3 - 4)\Box 12:00$

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 (&) \Box 12:00
- 3&4& 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 (&) 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] \Box Side Lunge, weight changes (R-L-R) with arm movements, Recover with sweep, Jazzbox, Weave \Box

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) \Box 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!