

Digital Age

拍数: 68 墙数: 1 级数: Phrased Easy Intermediate
编舞者: Daniel Trepát (NL), José Miguel Belloque Vane (NL) & Roy Verdonk (NL) -
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音乐: 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!
