

# Up For Air

Count: 48

Wall: 0

Level: Phrased Intermediate

Choreographer: Guillaume RICHARD – Oct 2015

Music: Up For Air by Conchita Wurst

Start the dance after 4 counts on the lyrics

Sequence: AAA - B-AA (Restart) –AAA - B-A-BB - AAA

**PART A : (Nightclub): 16 counts**

**A[1-8] : Right Basic – Sweep – ½ Diamonds – Full Turn**

1-2& : Step R to R – Slide L behind R – Cross R over L

3-4& : Step L forward in L diagonal and Sweep R over L in the same time (10.30) – Cross R over L – Step L backward with ¼ turn R (1.30)

5-6& : Step R backward – Step L backward – Step R forward with 1/8 turn R (3.00)

7-8& : Step L forward – Making ½ turn L stepping R backward – Making ½ turn L stepping L forward

**A[9-16] : ¼ Turn Right Basic – ¼ Turn Step Back – Step Back x2 – ½ Turn Sweep – Cross – Back – ¼ Turn Step – Rock Step**

1-2& : Making ¼ turn L stepping R to R – Slide L behind R – Cross R over L

3-4& : Making ¼ turn R stepping L backward – Step R backward – Step L backward

5-6& : Making ½ turn R stepping R forward and sweep L over R in the same time – Cross L over R – Step R backward

7-8& : Making ¼ turn L stepping L to L – Cross R over L – Recover on R

**PART B : (Rythm) : 32 counts**

**B[1-8] : Triple Step – Rock Step – Toe Strut x2**

1&2 : Step R to R – Step L next to R – Step R to R

3-4 : Step L behind R – Recover on R

5-6 : Toe L to L – Heel L onto floor

7-8 : Toe R over L – Heel R onto floor

**B[9-16] : Triple Step – Rock Step – Toe Strut with ¼ turn x2**

1&2 : Step L to L – Step R next to L – Step L to L

3-4 : Step R behind L – Recover on L

5-6 : Toe R backward with ¼ turn L – Heel R onto floor

7-8 : Toe L to L with ¼ turn L – Heel L onto floor

**B[17-24] : Rock Step – Triple Step – Rock Step – Triple Step with ¼ turn**

1-2 : Cross R over L – Recover on L

3&4 : Step R to R – Step L next to R – Step R to R

5-6 : Cross L over R – Recover on R

7&8 : Step L to L – Step R next to L – Making ¼ turn L stepping L forward

**B[25-32] : Rock Step – ¼ turn Step – Touch – Rolling Vine – Touch**

1-2 : Step R forward – Recover on L

3-4 : Making ¼ turn stepping R to R – Touch L to L

5-6 : Making ¼ turn L stepping L forward – Making ½ turn L stepping R backward

7-8 : Making ¼ turn L stepping L to L – Touch R next to L

**Restart : At wall 6, Part A, dancing the first 8 counts and Restart the dance with 1/4 turn L and then Right Basic to face the good wall**

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