

# Up For Air

Count: 48

Wall: 0

Level: Phrased Intermediate

Choreographer: Guillaume Richard (FR) - October 2015

Music: Up for Air - 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**

Contact: cowboy\_gs@hotmail.fr

