

Up For Air

拍數: 48 牆數: 0 級數: Phrased Intermediate
編舞者: Guillaume Richard (FR) - October 2015
音樂: 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

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