

Up In The Air

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Description : 64 temps, 2 murs, Intermediaire,
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Musique : Up In The Air – Marc Martel (Album:
The Prelude EP) (3.54mins) – approx 110bpm – iTunes



Notes: Restart during wall 2 after 32 counts, restart during wall 3 after 48 counts,
Tag at end of 5th wall

Special thank you to Jo Jaconelli (was Conroy) from UK for suggesting the music, it is a fab track.

Count In: 16 counts from when beat kicks in, dance begins on vocals

[1 – 8] R side rock, R cross shuffle, 1/4 R back L, 1/4 R side R, L crossing shuffle

1 2 3 & 4 Rock R to right side [1]. Recover weight L [2]. Cross R over L [3]. Step L to left side [&]. Cross R over L [4] 12.00

5 6 Make 1/4 turn right stepping back L [5]. Make 1/4 turn right stepping R to right side [6] 6.00

7 & 8 Cross L over R [7]. Step R to right side [&]. Cross L over R [8] 6.00

[9 – 16] R side, hold, L close, R side rock, R jazz box making 1/8 turn right traveling back

1 2 & 3 4 Step R to right side [1]. Hold [2]. Step L next to R [&]. Rock R to right side [3]. Recover weight L [4] 6.00

5 6 7 8 Cross R over L [5]. Make 1/8 turn right stepping back L [6]. Step R back to right diagonal [7]. Cross L over R [8] 7.30

[17 – 24] R back, 1/2 turn L (weight R), L fwd, 1/2 turn L stepping back R, L back rock, hold, recover R, 1/2 turn R stepping back L

1 2 3 4 Step R back [1]. Make 1/2 turn left on ball of R (weight R) [2]. Step L forward [3]. Make 1/2 turn left stepping back R [4] 7.30

5 6 Rock L back [5]. Hold (styling: rotate upper body left in prep for a turn) [6]. 7.30

7 8 Recover weight R [7]. Make 1/2 turn right stepping L back [8] 1.30

[25 – 32] 1/2 turn R fwd R, L point, L fwd/cross, R point, R kick-ball-step, R fwd, 5/8 turn L (to 12.00)

1 2 3 4 Make 1/2 turn right stepping forward R [1]. Point L to left side [2]. Step L forward slightly across R [3]. Point R to right side [4] 7.30

5 & 6 7 8 Kick R forward [5]. Step in place on ball of R [&]. Step L slightly forward [6]. Step R forward [7]. Pivot 5/8 turn L (weight L) [8] 12.00

RESTART: During 2nd wall restart here. 2nd wall begins facing 6.00, you will be facing 6.00 to restart.

[33 – 40] R side, hold, L behind, R side, L cross, hold with sweep, R cross, L side

1 2 3 4 Step R to right side [1]. Hold [2]. Cross L behind R [3]. Step R to right side [4] 12.00

5 6 7 8 Cross L over R [5]. Hold as you sweep R [6]. Cross R over L [7]. Step L to left side [8] 12.00

[41 – 48] R back, L sweep, L back, R sweep, R back rock, full turn L traveling fwd stepping R-L (or easy option 2 walks)

1 2 3 4 Step R back (slightly behind L) [1]. Sweep L [2]. Step L back (slightly behind R) [3]. Sweep R [4] 12.00

5 6 Rock R back (prep body R) [5]. Recover weight L [6]. 12.00

7 8 Make 1/2 turn left stepping back R [7]. Make 1/2 turn left stepping forward L [8] (easy option 7-8: 2 walks fwd R-L) 12.00

RESTART: During 3rd wall restart here. 3rd wall begins facing 6.00, you will be facing 6.00 to restart.

[49 – 56] R fwd rock, hold, recover L, 1/2 turn R stepping fwd R, L fwd rock, hold, recover R, 1/4 turn L stepping side L

1 2 3 4 Rock R forward [1]. Hold [2]. Recover weight L [3]. Make 1/2 turn right stepping forward R [4] 6.00

5 6 7 8 Rock L forward [5]. Hold [6]. Recover weight R [7]. Make 1/4 turn left stepping L to left side [8] 3.00

[57 – 64] R cross rock, R side rock, R behind, 1/4 turn L fwd L, R fwd, 1/2 pivot L

1 2 3 4 Cross rock R over L [1]. Recover weight L [2]. Rock R to right side [3]. Recover weight L [4] 3.00

5 6 7 8 Cross R behind L [5]. Make 1/4 turn left stepping forward L [6]. Step forward R [7]. Pivot 1/2 turn left (weight ends L) [8] 6.00

TAG: At the end of the 5th wall you will be facing the back, do the following 8 count tag:

1 2 3 4 Step R to right side (feet shoulder width apart but weight R) as you raise both arms straight forward and up [1234] 6.00

5 6 7 8 Step L forward as you snap fingers in a 'diva' snap out to sides [5]. Hold [6]. Step R forward [7]. Pivot 1/2 turn left [8] 12.00

START AGAIN ☺ HAVE FUN!

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