When it wants to travel over the sea against the wind, it drops down close to the surface of the water where the roughness of the waves slows down the wind blowing over them. Abatroses spend most of their lives in the air ,occasionally for a minute or so, they may alight on the water to collect food and once every year also, they come down to their nesting grounds to meet their mates once again, greeting one another with a charming courtship dance