Biology

Count: 64 **Wall:** 4 **Level:** Intermediate nightclub
Choreographer: Lady Lace (UK)
Music: Biology - Girls Aloud

TOE TOUCHES ACROSS, SIDE, ACROSS, HOLD, FORWARD SHUFFLE, KICK BALL CHANGE

1-4	Touch right toe across left, touch right to right side, touch right across left, hold (click)
5&6	Step right forward, step left beside right, step right forward
7&8	Kick left forward, step beside right, step right in place

TOE TOUCHES ACROSS, SIDE, ACROSS, HOLD, FORWARD SHUFFLE, KICK BALL CHANGE

1-4	Touch left toe across right, touch left to left side, touch left across right, hold (click)
5&6	Step left forward, step right beside left, step left forward
7&8	Kick right forward, step right beside left, step left in place. Restart 4th wall

FORWARD ROCK, ½ TURN SHUFFLE, SIDE ROCK & CROSS, SIDE ROCK & CROSS

1-2	Rock forward right, recover
3&4	Step right forward ¼ turn right, step left beside right, step right forward ¼ right
5&6	Rock left to left side, recover, cross step left over right
7&8	Rock right to right side, recover, cross step right over left

EXTENDED GRAPEVINE LEFT, TOE BEHIND SWIVEL ½ TURN, HEEL SWITCHES

1-5	Step left to side, step right behind left, step left to side, step right across left, step left to side
6	Touch right toe behind, on balls of both feet swivel ½ turn right
7&8&	Touch right heel forward, step together, touch left heel forward, step together

2 STEPS FORWARD, FORWARD SHUFFLE, FORWARD ROCK, BACK SHUFFLE

1-2	Step forward right, step forward left
3&4	Step right forward, step left beside right, step right forward
5-6	Rock forward left, recover
7&8	Step left back, step right beside left, step left back

2 STEP BACK, ROCK BACK, STEP PIVOT ½ TURN, ROCK BACK

1-2	Step back right, step back left (or full turn right)
3-4	Rock back on right, recover
5-6	Step forward right, pivot ½ turn left weight ends on right
7-8	Rock back on left, recover

FORWARD STEP, HOLD & FORWARD STEP, HOLD, SIDE ROCK ¼ TURN, MAMBO CROSS

1-2&	Step forward left, hold, clap, step right behind left
3-4	Step forward left, hold, clap
5-6	Making ¼ turn left rock right to side, recover
7&8	Rock right to side, recover, cross right over left

SIDE ROCK ¼ TURN, MAMBO CROSS, BACK ¼ TURN, ½ TURN, TOE TOUCHES

1-2	Making ¼ turn right rock left to side, recover
3&4	Rock left to side, recover, cross left over right
5-6	Step back onto right making ¼ turn left, step left ½ turn left
7&8&	Touch right slightly forward, knee in, step beside left, touch left slightly forward, knee in, step left beside right

REPEAT

RESTART
Restart 4th wall after 16 counts facing 3:00