

BIOLOGY

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Count: 64

Wall: 4

Level: intermediate nightclub

Choreographer: Lady Lace

Music: Biology by 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 $\frac{1}{2}$ turn left weight ends on right
- 7-8** Rock back on left, recover

FORWARD STEP, HOLD & FORWARD STEP, HOLD, SIDE ROCK $\frac{1}{4}$ TURN, MAMBO CROSS

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

SIDE ROCK $\frac{1}{4}$ TURN, MAMBO CROSS, BACK $\frac{1}{4}$ TURN, $\frac{1}{2}$ TURN, TOE TOUCHES

- 1-2** Making $\frac{1}{4}$ 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 $\frac{1}{4}$ turn left, step left $\frac{1}{2}$ 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