

Biology

拍數: 64
編舞者: Lady Lace (UK)
音樂: Biology - Girls Aloud

牆數: 4

級數: Intermediate nightclub



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
