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| GENETICS **Choreographer:**  **Rebecca Lee** th?u=http%3a%2f%2fupload |  |
| Count: 112 Wall : 1  Level : Phrased Intermediate / Advanced  Music: **G.E.N.E.T.I.C.S**by **Meghan Trainor (track length 2:58)**  Intro : Start after 16 counts (app. 8 sec. into track)    Sequence: A B C , A B C C(16counts) A C C(16counts) | |

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| Counts | Part A | End facing |
| 1 – 8 | Step Hold, Ball Step Touch, ¼ Turn L Heel Grind |  |
| 1-2 | Step R to R side (1) Hold (2) | 12:00 |
| &3,4 | Step L next to R (&) Step R to R side (3) Touch L behind R (4) | 12:00 |
| 5-6 | ¼ turn R step L back and grind R heel from L to R (5), Step R back while grind L heel from R to L (6) | 3:00 |
| 7-8 | Step L back while grind R heel from L to R (7) Step R back while sweep L from front to back (8) | 3:00 |
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| 9 – 16 | Behind Side Cross, Slide ,Drag , Cross ,Back, ¼ Turn R Ball Cross, Knee Pop |  |
| 1-2 | Step L behind R (1), Step R to R side (&) Cross L over R (2) | 12:00 |
| 3-4 | Big Step R to R side (3) Drag L slowly to R (4) | 12:00 |
| 5-6 | Cross R over L (5), Step L to L side (6) | 6:00 |
| &7&8 | ¼ turn R step R to R side (&), Cross L over R (7) Lift both heel up as you pop both knee forward (&) Recover both heel down (8) | 6:00 |
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| 17 – 24 | Step Hold, Ball Step Touch, ¼ Turn L Heel Grind |  |
| 1-2 | Step R to R side (1) Hold (2) | 6:00 |
| &3-4 | Step L next to R (&) Step R to R side (3) Touch L behind R (4) | 6:00 |
| 5-6 | ¼ turn R step L back and grind R heel from L to R (5), Step R back while grind L heel from R to L (6) | 9:00 |
| 7-8 | Step L back while grind R heel from L to R (7) Step R back while sweep L from front to back (8) | 9:00 |
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| 25 – 32 | Behind Side Cross, Slide ,Drag , Cross ,Back, ¼ Turn R Ball Cross, Knee Pop |  |
| 1-2 | Step R to R side (1) Hold (2) | 9:00 |
| 3-4 | Step L next to R (&) Step R to R side (3) Touch L behind R (4) | 9:00 |
| 5-6 | ¼ turn R step L back and grind R heel from L to R (5), Step R back while grind L heel from R to L (6) | 12:00 |
| &7&8 | Step L back while grind R heel from L to R (7) Step R back while sweep L from front to back (8) | 12:00 |
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| Counts | Part B | End facing |
| **1 – 8** | **Diagonal Rock , Behind Side, ½ Turn Step Touch** |  |
| 1- 2 | Rock R to R diagonal (1), Recover L (2 ) | 1:30 |
| 3- 4 | Rock R to R diagonal (3), Step L back with weight transfer to L (4), | 1:30 |
| 5- 6 | Step R back (5) 3/8 turn L step L forward (6) | 9:00 |
| 7- 8 | ¼ turn L Step R to R side (7), Touch L in place (8) | 6:00 |
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| **9 – 16** | **Step Touch, Side Rock , Jazz Box** |  |
| 1- 2 | Step L in place (1) Touch R in place (2) | 12:00 |
| 3- 4 | Rock R to R side (3) Recover L (4) | 10:30 |
| 5- 8 | Cross R over L (5) Step L back (6) Step R to R side (7) Cross L over R (8) | 10:30 |
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| **17 – 24** | **Diagonal Rock , Behind Side, ½ Turn Step Touch** |  |
| 1- 2 | Rock R to R diagonal (1), Recover L (2 ) | 9:00 |
| 3- 4 | Rock R to R diagonal (3), Step L back with weight transfer to L (4), | 9:00 |
| 5- 6 | Step R back (5) 3/8 turn L step L forward (6) | 9:00 |
| 7- 8 | ¼ turn L Step R to R side (7), Touch L in place (8) | 9:00 |
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| **25 – 32** | **Step Touch, Side Rock , ¾ Turn Box** |  |
| 1- 2 | Step L in place (1) Touch R in place (2) | 12:00 |
| 3- 4 | Rock R to R side (3) Recover L (4) | 12:00 |
| 5- 6 | Slide R to R side (5) ¼ turn L Step L to L side | 9:00 |
| 7- 8 | ¼ turn L Step R to R side, ¼ turn L step L to L side | 3:00 |
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| Counts | Part C | End facing |
| **1 – 8** | **¼ Turn L Slide R, Ball Cross , Rock Recover , Ball Step, ChaseTurn** |  |
| 1 – 3 | ¼ turn L Big Step R to R side (1) Drag Left to R (2,3) | 12:00 |
| &4 | Step L next to R (&) Cross R over L (4) | 10:30 |
| 5- 6 | Rock L forward (5) Recover R (6) | 10:30 |
| &78 | Step L next to R (&) Step R forward (7) ½ turn L weight transfer to L (8) | 4:30 |
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| **9 – 16** | **3/8 Turn L Ball Cross, Hold, Sailor R, Sailor L** |  |
| &12 | Step R forward (&) 3/8 turn L Cross L over R (1) Hold (2) | 12:00 |
| 3– 4 | Rock R to R side (3) Recover L (4) | 12:00 |
| 5&6 | Step R behind L (5) Step L to L side (&) Step R to R side (6) | 12:00 |
| &7&8 | Step L behind R (&) Step R to R side (7) Step L to L side (&) Step R slightly behind L while sweep L from front to back slowly (8,) | 12:00 |
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| **17 – 24** | **Sweep, Behind Side Forward, Hitch,** |  |
| 1,2&3 | Sweep (1) Step L behind R (2) Step R to R side (&) Step L forward to 1.30 (3) | 1:30 |
| 4&5 | Hitch R knee (4) ¼ turn R Step R back (&) Point L to L (5) | 4:30 |
| 6 - 7 | ½ turn L Step L forward as you sweep R front to side 10:30 (6) ½ turn L Step R back as you sweep L back to side (7) | 4:30 |
| 8 | 3/8 turn L Step L forward as you sweep R from back to front (8) | 12:00 |
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| **25 – 32** | **Cross Shuffle , Out Out, Hold , Arm Movement** |  |
| 1&2 | Cross R over L (1) Step L to L side (&) Cross R over L (2) | 12:00 |
| &34 | Step L back to L side (&), Step R back to R side (3) Hold (4) | 12:00 |
| 5&6& | Bring up R arm in front of R shoulder as your palm facing L while bring L arm to L waistline with palm facing R (5) Flip R arm down to R waistline while L arm flip up to place in front of L shoulder (&)  Push R arm to L side of the waist as Push L arm to R shoulder (6) Bring R arm back to R waist and bring L arm back to L shoulder (&) | 12:00 |
| 7&8& | Flip R arm up to R shoulder and Flip L arm down to L waist (7) Push R arm across to L shoulder while L arm stay at L waist, remain unmoved (&) Flip R arm down to meet L arm (&) Push both arm across the waist to R waist while transfer weight to R ready to shake (8) | 12:00 |
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| **32- 40** | Hip Bump R, Ball Cross , Hip Bump L, Ball Cross |  |
| 1&2& | Bump R hip to R side (1) Recover L (&) Bump R hip to R (2) Recover L (&) | 12:00 |
| 3&4 | Bump R hip to R side (3) Step L next to R (&) Cross R over L (4) | 12:00 |
| 5&6& | Bump L hip to L side (5) Recover R (&) Bump L hip to L (6) Recover R (&) | 12:00 |
| 7&8 | Bump L hip to L side (7) Step R next to L (&) Cross L over R (8) | 12:00 |
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| **41- 48** | **Side Rock, Ball Step,Hold, Arm Movement** |  |
| 1- 2 | Rock R to R side (1) Recover L (2) | 12:00 |
| &34 | Step R to L (&) Step L to L (3) Hold (4) | 12:00 |
| 5&6& | Bring up R arm in front of R shoulder as your palm facing L while bring L arm to L waistline with palm facing R (5) Flip R arm down to R waistline while L arm flip up to place in front of L shoulder (&)  Push R arm to L side of the waist as Push L arm to R shoulder (6) Bring R arm back to R waist and bring L arm back to L shoulder (&) | 12:00 |
| 7&8& | Flip R arm up to R shoulder and Flip L arm down to L waist (7) Push R arm across to L shoulder while L arm stay at L waist remain unmoved (&) Flip R arm down to meet L arm (&) Push both arm across the waist to R waist while transfer weight to R ready to shake (8) | 12:00 |
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|  | \* On 2nd & 3rd wall, after you done with the 48counts repeat counts 32-48 and Step R with weight to restart Part A. |  |
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|  | \*\*At wall 3, at the end of Part A you will be finishing at 12:00, drop of the ¼ turn to L of Part C, make a big slide to R on count 1. |  |
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