

GENETICS

Choreographer:
Rebecca Lee 

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)

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
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
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
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
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
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
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
25 – 32	Step Touch, Side Rock , ¼ 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

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
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
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
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
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
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
	* On 2 nd & 3 rd wall, after you done with the 48counts repeat counts 32-48 and Step R with weight to restart Part A.	
	**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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