

The Monica

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Monica Allen (USA)

Musik: Shake Your Groove Thing - Peaches & Herb



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|-------|--|
| 1-8 | Toe struts right, left, right, left |
| 9-12 | Bump right, bump left, bump right, left, right |
| 13-16 | Bump left, bump right, bump left, right, left |
| 17-20 | Walk back right, left, right, left |
| 21-24 | Heel swivel right, swivel left, swivel right, left, right |
| 25-28 | Side shuffle right, half turn right |
| 29-32 | Double bump left, left, right, right |
| 33-36 | Side shuffle left, half turn left |
| 37-40 | Double bump right, right, left, left |
| 41-44 | Dip-sway left, dip-sway right with $\frac{1}{4}$ turn left |
| 45-48 | Roll hips twice to the right |
| 49-52 | Shuffle forward right, shuffle forward left |
| 53-56 | Stomp right, stomp left, swivel left, right, left |
| 57-60 | Shuffle back right, shuffle back left |
| 61-64 | Stomp right, stomp left, heels in, toes in, heels in |

REPEAT
