

# The Monica

**COPPER** **KNOB**  
BY STEPHEN METZ

**Compte:** 64

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Monica Allen (USA)

**Musique:** 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**

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