

# The Monica

COPPER KNOB  
STYLEDANCE

拍数: 64      墙数: 4      级数: Improver  
编舞者: Monica Allen (USA)  
音乐: 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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