

# THE MONICA

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**Count:** 64      **Wall:** 4      **Level:** beginner/intermediate

**Choreographer:** Monica Allen

**Music:** Shake Your Groove Thing by Peaches & Herb

- 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**