

MY VERONICA

Count: 64

Wall: 4

Level: Beginner / Intermediate

Choreographer: Peter & Alison, TheDanceFactoryUK (Mar 08)

Music: Veronica by Barbados

Start 16 counts after heavy beat starts...on verse vocals as he sings the word 'raised' in the phrase 'well I raised the highest mountain')

From the CD: Rosalita or available as a download from www.7digital.com

(1-8) L fwd box

1-4 Step L side left, step R together, step L forward, hold

5-8 Step R side right, step L together, step R back, hold

(9-16) ¼ L & L fwd box

1-4 Turning ¼ left step L side left, step R together, step L forward, hold

5-8 Step R side right, step L together, step R back, hold (facing 9 o'clock)

(17-24) L triple turning ¼ L, hold, R fwd, ½ L pivot turn, R fwd, hold

1-4 Step L side left, step R together, turning ¼ left step L forward, hold

5-8 Step R forward, pivot ½ left, step R forward, hold (facing 12 o'clock)

(25-32) R full turn forward triple step, hold, R fwd triple step, hold

1-4 Turning ½ right step L back, turning ½ right step R forward, step L forward, hold

Easier option: step L forward, step R together, step L forward, hold

5-8 Step R forward, turning ½ right step L back, turning ½ right step R forward

Easier option: Step R forward, step L together, step R forward, hold (facing 12 o'clock)

(33-40) ¼ R & L side rock & recover, L cross step, hold (or L toe strut), vine R 4

1-4 Turning ¼ right rock L side, recover weight on R, cross step L over R, hold

(or execute a cross toe strut on counts 3-4)

5-8 Step R side right, cross step L behind R, step R side right, cross step L over R (facing 3 o'clock)

(41-48) R side, L back rock & recover, L side, R back rock & recover, R fwd, hold

1-4 Step R side right, rock L back, recover weight on R, step L side left

5-8 Rock R back, recover weight on L, step R forward, hold (facing 3 o'clock)

(49-56) L fwd, ½ R pivot turn, L fwd, hold, R side rock & recover, R together, L

heel fwd

1-4 Step L forward, pivot ½ right, step L forward, hold

5-8 Rock R side, recover weight on L, step R together, touch L heel forward (facing 9 o'clock)

(57-64) L side rock & recover, L together, ½ R monterey ending with L touch together

1-4 Rock L side, recover weight on R, step L together, hold

5-8 Touch R toes to right side, Turning ½ right step R together, touch L toes to left side, touch L together (facing 3 o'clock)

Easy Ending: Dance finishes facing front wall. The last pattern will start facing front wall. Dance as far as counts 25-28: the full L turning triple & hold (or easier option L forward triple & hold) Either way weight ends on L foot. Add 2 quick hip bumps R & L to hit the final notes of the music & hold