

My Veronica

64 count, 4 wall, improver level

Choreographer: Peter Metelnick & Alison Biggs
(April 2008)

Choreographed to: 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"

LEFT FORWARD BOX

1-4 Step left side left, step right together, step left forward, hold

5-8 Step right side right, step left together, step right back, hold

¼ LEFT & LEFT FORWARD BOX

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

5-8 Step right side right, step left together, step right back, hold (facing 9:00)

LEFT TRIPLE TURNING ¼ LEFT, HOLD, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, HOLD

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

5-8 Step right forward, pivot ½ left, step right forward, hold (facing 12:00)

RIGHT FULL TURN FORWARD TRIPLE STEP, HOLD, RIGHT FORWARD TRIPLE STEP, HOLD

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

Easier option: step left forward, step right together, step left forward, hold

5-8 Step right forward, turning ½ right step left back, turning ½ right step right forward

Easier option: step right forward, step left together, step right forward, hold (facing 12:00)

¼ RIGHT & LEFT SIDE ROCK & RECOVER, LEFT CROSS, HOLD (OR LEFT TOE STRUT), VINE RIGHT 4

1-4 Turning ¼ right rock left side, recover on right, cross left over right, hold

Or execute a cross toe strut on counts 3-4

5-8 Step right side right, cross left behind right, step right side right, cross left over right (facing 3:00)

RIGHT SIDE, LEFT BACK ROCK & RECOVER, LEFT SIDE, RIGHT BACK ROCK & RECOVER, RIGHT FORWARD, HOLD

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

5-8 Rock right back, recover on left, step right forward, hold (facing 3:00)

LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD, HOLD, RIGHT SIDE ROCK & RECOVER, RIGHT TOGETHER, LEFT HEEL FORWARD

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

5-8 Rock right side, recover on left, step right together, touch left heel forward (facing 9:00)

LEFT SIDE ROCK & RECOVER, LEFT TOGETHER, ½ RIGHT MONTEREY ENDING WITH LEFT TOUCH TOGETHER

1-4 Rock left side, recover on right, step left together, hold

5-8 Touch right toes to right side, turning ½ right step right together, touch left toes to left side, touch left together (facing 3:00)

ENDING

Dance finishes facing front wall. The last pattern will start facing front wall.

Dance as far as counts 25-28: the full left turning triple & hold

(or easier option left forward triple & hold).

Either way weight ends on left foot.

Add 2 quick hip bumps right & left to hit the final notes of the music & hold