

# My Veronica

64 Count, 4 Wall, Improver

Choreographer: Peter Metelnick &amp; Alison Biggs (April 08)

Choreographed to: Veronica by Barbados

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Starts 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 L side left, step R together, step L forward, hold

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

**¼ Left & Left forward 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)

**Left triple turning ¼ Left, hold, Right forward, ½ Left pivot turn, Right forward, 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)

**Right full turn forward triple step, hold, Right forward 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)

**Please note: If you want to turn the 2<sup>nd</sup> triple to the left that is also fine either way will work!**  
**As we have been teaching the dance it seems different people like to do it different ways and as long as the steps go forward in your line of dance, either way works.**

**¼ Right & Left side rock & recover, Left cross step, hold (or Left toe strut), vine Right 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)

**Right side, Left back rock & recover, Left side, Right back rock & recover, Right forward, 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)

**Left forward, ½ Right pivot turn, Left forward, hold, Right side rock & recover, Right together, Left heel forward**

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)

**Left side rock & recover, Left together, ½ Right monterey ending with Left 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 R turning triple & hold (or easier option R 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.

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Music download available from iTunes