

# My Veronica (我的維若妮卡) (zh)

COPPER KNOB  
STYLEDANCE

拍数: 64      墙数: 4      级数: Improver  
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - 2008年03月  
音乐: Veronica - Barbados



前奏: 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')

## 第一段 L fwd box 左前方塊

1-4 Step L side left, step R together, step L forward, hold  
左足左踏, 右足併踏, 左足前踏, 候

5-8 Step R side right, step L together, step R back, hold  
右足右踏, 左足併踏, 右足後踏, 候

## 第二段 ¼ L & L fwd box 左轉1/4左前方塊

1-4 Turning ¼ left step L side left, step R together, step L forward, hold  
左轉90度左足左踏, 右足併踏, 左足前踏, 候

5-8 Step R side right, step L together, step R back, hold (facing 9 o'clock) 右足右踏, 左足併踏, 右足後踏, 候(面向9點鐘)

## 第三段 L triple turning ¼ L, hold, R fwd, ½ L pivot turn, R fwd, hold 左小三步左轉90度, 候, 右前踏, 左轉180度, 右前踏, 候

1-4 Step L side left, step R together, turning ¼ left step L forward, hold  
左足左踏, 右足併踏, 左轉90度左足前踏, 候

5-8 Step R forward, pivot ½ left, step R forward, hold (facing 12 o'clock) 右足前踏, 左轉180度, 右足前踏, 候(面向12點鐘)

## 第四段 R full turn forward triple step, hold, R fwd triple step, hold 右前小三步轉圈, 候, 右前小三步, 候

1-4 Turning ½ right step L back, turning ½ right step R forward, step L forward, hold  
右轉180度左足後踏, 右轉180度右足前踏, 左足前踏, 候

Easier option : step L forward, step R together, step L forward, hold 簡易版: 左足前踏, 右足併踏, 左足前踏, 候

5-8 Step R forward, turning ½ right step L back, turning ½ right step R forward 右足前踏, 右轉180度左足後踏, 右足180度右足前踏

Easier option : Step R forward, step L together, step R forward, hold (facing 12 o'clock)  
簡易版: 右足前踏, 左足併踏, 右足前踏, 候(面向12點鐘)

## 第五段 ¼ R & L side rock & recover, L cross step, hold (or L toe strut), vine R 4 右轉1/4&左側下沉&回復, 左交叉踏, 候(或左足趾踵步), 4拍右華倫

1-4 Turning ¼ right rock L side, recover weight on R, cross step L over R, hold 右轉90度左足左下沉, 右足回復, 左足於右足前交叉踏, 候

(or execute a cross toe strut on counts 3-4)  
(第3-4拍取代版: 交叉趾踵步)

5-8 Step R side right, cross step L behind R, step R side right, cross step L over R (facing 3 o'clock)  
右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

## 第六段 R side, L back rock & recover, L side, R back rock & recover, R fwd, hold 右側, 左後下沉 & 回復, 左側, 右後下沉 & 回復, 右前, 候

1-4 Step R side right, rock L back, recover weight on R, step L side left  
右足右踏, 左足後下沉, 右足回復, 左足左踏

5-8 Rock R back, recover weight on L, step R forward, hold (facing 3 o'clock) 右足後下沉, 左足回復, 右足前踏, 候(面向3點鐘)

**第七段** L fwd, ½ R pivot turn, L fwd, hold, R side rock & recover, R together, L heel fwd 左前, 右轉1/2, 左前, 候, 右側下沉&回復, 右併, 左踵前

1-4 Step L forward, pivot ½ right, step L forward, hold  
左足前踏, 右轉180度, 左足前踏, 候

5-8 Rock R side, recover weight on L, step R together, touch L heel forward (facing 9 o'clock)  
右足右下沉, 左足回復, 右足併踏, 左足踵前點(面向9點鐘)

**第八段** L side rock & recover, L together, ½ R monterey ending with L touch together 左足側下沉 & 回復, 左併, 右蒙特瑞轉1/2左足併點

1-4 Rock L side, recover weight on R, step L together, hold  
左足左下沉, 右足回復, 左足併點

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)  
右足趾右點, 右轉180度右足併踏, 左足趾左點, 左足併點(面向3點鐘)

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

結束時面向前面牆, 跳至第四段前四拍換成:

左小三步轉圈 & 候(簡易版: 左前小三步 & 候)

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