

My Veronica

COPPER KNOB
STEPSHETS

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

Please note: If you want to turn the 2nd 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.

(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

