

# Minimal (aka One Day at a Time)

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Alan Birchall (UK) - September 2010  
音樂: Minimal - Pet Shop Boys : (CD: Fundamental or Single Radio Edit)



**Start: On Vocals (After Word: Meanwhile), Count: 40 - Seconds: 19**

**Note:** This dance was originally choreographed to 'One Day At A Time' By The Eagles. The track was never released as a single or on subsequent albums.

I've re-named the dance after an alternative track I suggested on the script.

## **Left Jazz Box Cross, ½ Turn, Cross Shuffle**

- 1-2      Cross Left Over Right, Step Back On Right
- 3-4      Step Left Toe Left, Cross Right Over Left
- 5-6      Making ¼ Turn Right Step Back On Left, Making ¼ Turn Right Step Right To Right
- 7&8      Cross Left Over Right, Step Right To Right, Cross Left Over Right

## **Rock Recover, Right Sailor Step, Cross Unwind, Step ½ Pivot**

- 9-10      Rock Right To Right, Recover On Left
- 11&12      Cross Right Behind Left, Step Left To Left, Step Right In Place
- 13-14      Cross Left Behind Right, Unwind ¾ Turn Left (9 O'Clock)
- 15-16      Step Forward On Right, ½ Pivot Left (3 O'Clock)

## **'Dorothy Steps', Rock, Recover ¼ Turn, Side Shuffle**

- 17-18      Step Forward On Right to Right Diagonal, Lock Left Behind Right & Step Forward On Right
- 19-20      Step Forward On Left To Left Diagonal, Lock Right Behind & Step Forward On Left To Left Diagonal
- 21-22      Rock Forward On Right, Recover On Left Making ¼ Turn Right (6 O'Clock)
- 23&24      Step Right To Right, Step Left By Right, Step Right To Right

## **Cross, Point, Cross Point, Cross Unwind, Forward Shuffle**

- 25-26      Cross Left Over Right, Point To Right
- 27-28      Cross Right Over Left, Point Left To Left
- 29-30      Cross Left Over Right, Unwind ½ Turn Right (12 O'Clock)
- 31&32      Step Forward On Right, Step Left By Right, Step Forward On Right

## **Rock, Recover, Walk Back, Touch, Shuffle**

- 33-34      Rock Forward On Left, Recover On Right
- 35-36      Step Back On Left, Step Back On Right
- 37-38      Step Back On Left, Tap Right In Front Of Left (Bowing Head At Same Time)
- 39-40      Step Forward On Right, Step Left By Right, Step Forward On Right

## **Full Turn, Shuffle, ¼ Monterey Turn, Touch, Cross**

- 41-42      Make ½ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right
- 43&44      Step Forward On Left, Step Right By Left, Step Forward On Left
- 45-46      Touch Right To Right, Making ¼ Turn Right Step Right By Left (3 O'Clock)
- 47-48      Touch Left To Left, Cross Left Over Right

## **Side Shuffle, Cross Rock, Recover, Diagonal Back Shuffle, Cross, Unwind**

- 49&50      Step Right To Right, Step Left By Right, Step Right To Right
- 51-52      Cross Rock Left Over Right, Recover On Right
- 53&54      Step Diagonally Back On Left, Step Right By Left, Step Diagonally Back On Left
- 55-56      Cross Right Behind Left, Unwind ½ Turn Right (9 O'Clock)

**Cross Rock, Recover, Full Triple Turn Left, Cross Rock, Recover, Full Triple Turn Right**

57-58 Cross Rock Left Over Right, Recover On Right

59&60 Making  $\frac{1}{4}$  Left Step Forward On Left, Making  $\frac{1}{2}$  Turn Right Step Back On Right, Making  $\frac{1}{4}$  Turn Right Step Left To Left (Alternative Side Shuffle)

61-62 Cross Rock Right Over Left, Recover On Left

63&64 Making  $\frac{1}{4}$  Turn Right Step Forward On Right, Making  $\frac{1}{2}$  Turn Right Step Back On Left, Making  $\frac{1}{4}$  Turn Right Step Right To Right (Alternative Side Shuffle)

**Start Again**

**Email: [alan@alanbirchall.com](mailto:alan@alanbirchall.com) - Website: <http://www.alanbirchall.com>**

---