# Minimal (aka One Day at a Time)



拍数: 64 墙数: 4 级数: Intermediate

编舞者: Alan Birchall (UK) - September 2010

音乐: 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, 1/2 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 0'Clock)

#### 'Dorothy Steps', Rock, Recover 1/4 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 1/4 Turn Right (6 0'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 0'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, 1/4 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 0'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 0'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 ¼ Left Step Forward On Left, Making ½ Turn Right Step Back On Right, Making ¼

Turn Right Step Left To Left (Alternative Side Shuffle)

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

Making 1/4 Turn Right Step Forward On Right, Making 1/2 Turn Right Step Back On Left,

Making 1/4 Turn Right Step Right To Right (Alternative Side Shuffle)

## Start Again

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