

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 - Website: <http://www.alanbirchall.com>
