

# 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**

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