

Minimal (aka One Day at a Time)

LINEDANCE.COM

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Alan Birchall (Sept 10)

Music: Minimal by Pet Shop Boys (CD: Fundamental or Single (Radio Edit)) 126bpm

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 (Bowling 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 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

63&64 Making ¼ Turn Right Step Forward On Right, Making ½ Turn Right Step Back On Left, Making ¼ Turn Right Step Right To Right (Alternative Side Shuffle)

Start Again

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