

Minimal

Aka One Day At A Time

64 Count, 4 Wall, Intermediate

Choreographer: Alan G. Birchall (UK) Oct 2010

Choreographed to: Minimal by Pet Shp Boys,

CD: Fundamental or CD Single (Radio Edit)

(126 bpm) (Techno Common 4/4 Time)

Start: On Vocals (*After Word: Meanwhile*) **Count:** 40 **Seconds:** 19**1 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

2 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)

3 '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

4 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

5 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

6 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

7 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)

8 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*)

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 so I've re-named the dance after an alternative track.