

# MINIMAL

(aka: *One Day At A Time*)

Choreographer: Alan G. Birchall

Level: Intermediate

Dance: 4 Wall Linedance

Steps/Count: 64

Music: Minimal – Pet Shop Boys Cd: Fundamental or Cd Single (Radio Edit) Available on Itunes

BPM: 126 (Techno Common 4/4 Time)

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

**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 (9'0' Clock)  
 15-16 Step Forward On Right, ½ Pivot Left (3 '0' 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 '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, 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 '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  
 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**