

We Only Live Once

64 Count, 4 Wall, Intermediate

Choreographer: Robbie McGowan Hickie (UK) Nov 2014

Choreographed to: We Only Live Once by Shannon Noll
(110 bpm – iTunes, Amazon)

32 Count intro from Vocals

- 1 2 x Walks Forward. Step. Pivot 1/2 Turn Right. Step. 2 x Walks Forward. Step. Pivot 1/2 Turn Left. Step.**
1 – 2 Walk forward on Left. Walk forward on Right.
3&4 Step forward on Left. Pivot 1/2 turn Right. Step forward on Left.
5 – 6 Walk forward on Right. Walk forward on Left.
7&8 Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. **(12 o'clock)**
- 2 Dorothy Step Diagonally Forward (Left & Right). & Forward Rock. Left Coaster Cross.**
1 – 2& Step Left **Diagonally** forward Left. Lock Right behind Left. Step Left **Diagonally** forward Left.
3 – 4& Step Right **Diagonally** forward Right. Lock Left behind Right. Step Right **Diagonally** forward Right.
5 – 6 Rock forward on Left. Rock back on Right.
7&8 Step back on Left. Step Right beside Left. Cross step Left over Right. **(12 o'clock)**
- 3 Side Step Right. Behind. & Heel Jack. & Touch. & Left Heel-Ball-Cross. 2 x 1/4 Turns Right.**
1 – 2& Step Right to Right side. Cross Left behind Right. Step ball of Right to Right side.
3&4 Touch Left heel **Diagonally** forward Left. Step Left back to place. Touch Right toe beside Left.
& Step ball of Right to Right side.
5&6 Touch Left heel **Diagonally** forward Left. Step Left back to place. Cross step Right over Left.
7 – 8 Make 1/4 turn Right stepping back on Left. Make 1/4 turn Right stepping Right to Right side. **(6:00)**
- 4 Cross Rock. Chasse 1/4 Turn Left. 2 x 1/2 Turns Left. Right Mambo Forward.**
1 – 2 Cross rock Left over Right. Rock back on Right.
3&4 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left.
5 – 6 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.
7&8 Rock forward on Right. Rock back on Left. Step back on Right. **(3 o'clock)**
- 5 2 x Walks Back. Left Sailor. Right Sailor 1/4 Turn Right. Left Shuffle Forward.**
1 – 2 Walk back on Left. Walk back on Right.
3&4 Cross Left behind Right. Step Right to Right side. Step Left to Left side.
5&6 Cross Right behind Left. Make 1/4 turn Right stepping Left beside Right. Step forward on Right.
7&8 Left shuffle forward stepping Left. Right. Left. **(6 o'clock)**
- 6 Step. Pivot 1/2 Turn Left. Right Kick-Ball-Step Forward. Heel Switches & Right Lock Step Forward**
1 – 2 Step forward on Right. Pivot 1/2 turn Left.
3&4 Kick Right forward. Step ball of Right beside Left. Step forward on Left. **(12 o'clock)**
5&6 Touch Right heel forward. Step Right back to place. Touch Left heel forward.
&7&8 Step Left back to place. Step forward on Right. Lock step Left behind Right. Step forward on Right.
- 7 Left Cross Rock. & Right Cross Rock. & Cross. 1/4 Turn Left. Left Shuffle 1/2 Turn Left.**
1 – 2& Cross rock Left over Right. Rock back on Right. Step Left to Left side.
3 – 4& Cross rock Right over Left. Rock back on Left. Step Right to Right side.
5 – 6 Cross step Left over Right. Make 1/4 turn Left stepping back on Right.
7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. **(3 o'clock)**
- 8 Right Mambo Forward. Left Coaster Step. Forward Rock. Right Shuffle 1/2 Turn Right.**
1&2 Rock forward on Right. Rock back on Left. Step back on Right.
3&4 Step back on Left. Step Right beside Left. Step forward on Left.
5 – 6 Rock forward on Right. Rock back on Left.
7&8 Right shuffle making 1/2 turn Right stepping Right. Left. Right. **(Facing 9 o'clock)**
-

