

We Only Live Once



Choreographed by: Robbie McGowan Hickie (UK - Nov 2014)
Music: **We Only Live Once** by **Shannon Noll**
Type: 4 wall, 64 counts
Level: Intermediate

NOTES 32 count intro

[1 – 8] WALK, WALK, ½ TURN PIVOT-STEP & STEP, WALK, WALK, ½ TURN PIVOT-STEP & STEP

1 – 2 Walk forward on left, walk forward on right.
3 & 4 Step forward on left, pivot ½ turn right, step forward on left. [6:00]
5 – 6 Walk forward on right, walk forward on left.
7 & 8 Step forward on right, pivot ½ turn left, step forward on right. [12:00]

[9 – 16] DOROTHY STEP DIAGONALLY FORWARD X2, ROCK-STEP, 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 left forward, recover onto right.
7 & 8 Step back on left, step right beside left, cross left over right.

[17 – 24] SIDE-BEHIND, HEEL JACK WITH TOUCH, HEEL JACK WITH CROSS, ¼ TURNS RIGHT X2

1 – 2 Step right to right side, cross left behind right.
&3&4 Step ball of right to right side, touch left heel diagonally forward left, step left back to place, touch right toe beside left.
&5&6 Step ball of right to right side, touch left heel diagonally forward left, step left back to place, cross step right over left.
7 – 8 Make ¼ turn right stepping back on left, make ¼ turn right stepping right to right side. [6:00]

[25 – 32] CROSS, BACK, CHASSE ¼ TURN LEFT, FULL TURN LEFT, FORWARD MAMBO-STEP

1 – 2 Cross left over right, step back on right.
3 & 4 Step left to left side, close right beside left, make ¼ turn left stepping left forward. [3:00]
5 – 6 Make ½ turn left stepping back on right, make ½ turn left stepping left forward. [3:00]
7 & 8 Rock right forward, recover onto left, step back on right.

[33 – 40] BACK, BACK, SAILOR-STEP, ¼ TURN SAILOR-STEP, 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 ¼ turn right stepping left beside right, step right forward. [6:00]
7 & 8 Left shuffle forward stepping left, right, left.

[41 – 48] ½ TURN PIVOT-STEP, KICK-BALL-STEP, HEEL SWITCHES, LOCK-STEP FORWARD

1 – 2 Step forward on right, pivot ½ turn left. [12:00]
3 & 4 Kick right forward, step ball of right beside left, step left forward.
5&6& Touch right heel forward, step right back to place, touch left heel forward, step left back to place.
7 & 8 Step forward on right, lock step left behind right, step forward on right.

Continues...

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[49 – 56] CROSS ROCK-STEP & SIDE X2, CROSS, ¼ TURN LEFT, ½ TURN LEFT SHUFFLE

- 1 – 2& Cross rock left over right, recover onto right, step left to left side.
- 3 – 4& Cross rock right over left, recover onto left, step right to right side.
- 5 – 6 Cross step left over right, make ¼ turn left stepping back on right. [9:00]
- 7 & 8 Left shuffle making ½ turn left stepping left, right, left. [3:00]

[57 – 64] MAMBO-STEP FORWARD, COASTER-STEP, FORWARD ROCK-STEP, ½ TURN RIGHT SHUFFLE

- 1 & 2 Rock forward on right, recover onto left, step back on right.
- 3 & 4 Step back on left, step right beside left, step left forward.
- 5 – 6 Rock forward on right, recover onto left.
- 7 & 8 Right shuffle making ½ turn right stepping right, left, right. [9:00]

Start Again!