

We Only Live Once

Count: 64 **Wall:** 4 **Level:** **Intermediate**
Choreographer: Robbie McGowan Hickie - UK (Nov 2014)
Music: Shannon Noll - We Only Live Once

Intro: 32 Count from Vocals

S1: 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)

S2: 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)

S3: 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)

S4: 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)

S5: 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)

S6: 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.

S7: 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)

S8: 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)

