

We Only Live Once

64 count, 4 wall, intermediate level

Choreographer: Robbie McGowan Hickie (UK), October 2014

Choreographed to: "We Only Live Once" by Shannon Noll, 32 count intro from vocals

Section 1 Walk Forward x 2, Step Pivot 1/2, Step (x 2)

1-2 Walk forward left. Walk forward right
 3&4 Step left forward. Pivot 1/2 turn right. Step left forward
 5-6 Walk forward right. Walk forward left
 7&8 Step right forward. Pivot 1/2 turn left. Step right forward (12:00)

Section 2 Forward Diagonal Dorothy Steps, Forward Rock, Coaster Cross

1-2& Step left diagonally forward left. Lock right behind left. Step left diagonally forward
 3-4& Step right diagonally forward right. Lock left behind right. Step right diagonally forward
 5-6 Rock forward on left. Recover onto right
 7&8 Step left back. Step right beside left. Cross left over right (12:00)

Section 3 Side, Behind & Heel & Touch, & Heel Ball Cross, 1/4 Turn x 2

1-2& Step right to side. Cross left behind right. Step ball of right to side
 3&4 Touch left heel diagonally forward left. Step left to place. Touch right beside left
 & Step ball of right to right side
 5&6 Touch left heel diagonally forward left. Step left to place. Cross right over left
 7-8 Turn 1/4 right stepping left back. Turn 1/4 right stepping right to side (6:00)

Section 4 Cross Rock, Chasse 1/4 Turn, 1/2 Turn x 2, Mambo Forward

1-2 Cross rock left over right. Recover onto right
 3&4 Step left to side. Close right beside left. Turn 1/4 left stepping left forward (3:00)
 5-6 Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward
 7&8 Rock forward on right. Rock back on left. Step right back (3:00)

Section 5 Walk Back x 2, Left Sailor, Right Sailor 1/4 Turn, Forward Shuffle

1-2 Walk back left. Walk back right
 3&4 Cross left behind right. Step right to side. Step left side
 5&6 Cross right behind left. Turn 1/4 right stepping left beside right. Step right forward
 7&8 Step left forward. Close right beside left. Step left forward (6:00)

Section 6 Step Pivot 1/2, Kick Ball Step, Heel Switches & Forward Lock Step

1-2 Step right forward. Pivot 1/2 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 beside left. Touch left heel forward
 &7&8 Step left back to place. Step right forward. Lock left behind right. Step right forward

Section 7 Syncopated Cross Rocks & Cross, 1/4 Turn, Shuffle 1/2 Turn

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 left over right. Turn 1/4 left stepping right back
 7&8 Shuffle step 1/2 turn left, stepping - left, right, left (3:00)

Section 8 Mambo Forward, Coaster Step, Forward Rock, Shuffle 1/2 Turn

1&2 Rock forward on right. Rock back on left. Step right back
 3&4 Step left back. Step right beside left. Step left forward
 5-6 Rock forward on right. Recover onto left
 7&8 Shuffle step 1/2 turn right, stepping - right, left, right (9:00)

Quelle:

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