

# WE ONLY LIVE ONCE

Count: 64. Wall: 4. Level: Intermediate

Choreographer: Robbie McGowan Hickie (UK) - November 2014

Music: **We Only Live Once** by Shannon Noll. Album: We Only Live Once - single

---

## INTRO: 32 count from vocals

### WALK, WALK, STEP-PIVOT 1/2 RIGHT-STEP, WALK, WALK, STEP-PIVOT 1/2 LEFT-STEP

- 1,2 Step L forward, Step R forward
- 3&4 Step L forward, Pivot ½ right, Step L forward
- 5,6 Sep R forward, Step L forward
- 7&8 Step R forward, Pivot ½ left, Step R forward

### DOROTHY, DOROTHY, ROCK FORWARD, RECOVER, COASTER CROSS

- 1,2& Step L forward 45° left, Lock R behind L, Step L forward 45° left
- 3,4& Step R forward 45° right, Lock L behind R, Step R forward 45° right
- 5,6 Rock L forward, Recover onto R
- 7&8 Step L back, Step R beside L, Cross L over R

### SIDE, BEHIND-& HEEL-& TOUCH-& HEEL-BALL-CROSS, 1/4 RIGHT, 1/4 RIGHT

- 1,2& Step R to right, Step L behind R, Step ball of R to right
- 3&4 Touch L heel forward 45° left, Step L beside R, Touch R toe beside L
- & Step ball of R to right
- 5&6 Touch L heel forward 45° left, Step L beside R, Cross R over L
- 7,8 Turn ¼ right step L back, Turn ¼ right step R to right [6:00]

### CROSS ROCK, RECOVER, CHASSE 1/4 LEFT, 1/2 LEFT, 1/2 LEFT, MAMBO

- 1,2 Cross Rock L over R, Recover onto R
- 3&4 Step L to left, Step R beside L, Turn ¼ left step L forward
- 5,6 Turn ½ left step R back, Turn ½ left step L forward
- 7&8 Rock R forward, Recover onto L, Step R back [3:00]

### BACK, BACK, SAILOR, SAILOR 1/4 RIGHT, SHUFFLE

- 1,2 Step L back, Step R back
- 3&4 Step L behind R, Step R to right, Step L to left
- 5&6 Turn ¼ right step R behind L, Step L to left, Step R to right
- 7&8 Step L forward, Step R beside L, Step R forward [6:00]

### STEP, PIVOT 1/2 LEFT, KICK-BALL-STEP, HEEL-& HEEL-& STEP-LOCK-STEP

- 1,2 Step R forward, Pivot ½ left
- 3&4 Kick R forward, Step ball of R beside L, Step L forward [12:00]
- 5&6& Touch R heel forward, Step R beside L Touch L heel forward, Step L beside R
- 7&8 Step R forward, Lock L behind R, Step R forward

### CROSS ROCK, RECOVER-& CROSS ROCK, RECOVER-& CROSS, 1/4 LEFT, SHUFFLE 1/2 LEFT

- 1,2& Cross Rock L over R, Recover onto R, Step L to left
- 3,4& Cross Rock R over L, Recover onto L. Step R to right
- 5,6 Cross L over R, Turn ¼ left step R back
- 7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (3 o'clock)

### MAMBO, COASTER BACK, ROCK FORWARD, RECOVER, SHUFFLE 1/2 RIGHT

- 1&2 Rock R forward, Recover onto L, Step R back
- 3&4 Step L back, Step R beside L, Step L forward
- 5,6 Rock R forward, Recover onto L
- 7&8 Turn ¼ right step R to right, Step L beside R, Turn ¼ right step R forward [9:00]

64 REPEAT