

# We Live Once

Count: 64

Wand: 4

Ebene: Phrased Intermediate

Choreograf/in: Glenda Silver (AUS) - August 2014

Musik: We Only Live Once - Shannon Noll



**Starts quick 8 beats on vocals - Seq: AAB, AAB, BBA, B, B, B, B PART A**

## **PART A – 32 counts**

### **Rock Right, Behind Side Cross**

1, 2, 3&4      Rock side right onto right, replace weight onto left step right behind left, step left to side & cross right over left.

### **Rock Left, Behind Side Cross**

5, 6, 7&8      Rock side left onto left, replace weight onto right. Step left behind right, step right to side & cross left over right.

### **Right Kick Ball Change x 2**

1&2, 3&4      Kick right forward, replace onto ball of right, replace weight onto left. Repeat.

### **Rock Forward, Right Coaster Step**

5, 6, 7&8      Rock forward on right, replace back onto left, step right back, step left together, step right forward.

### **Rock Left, Behind Side Cross**

1, 2, 3&4      Rock side left onto left, replace weight onto right, step left behind right, step right to side & cross left over right.

### **Rock Right, Behind Side Cross**

5, 6, 7&8      Rock side right onto right, replace weight onto left, step right behind left, step left to side & cross right over left.

### **Left Kick Ball Change x 2**

1&2, 3&4      Kick left forward, replace onto ball of left, replace weight onto right. Repeat,

### **Rock Left Forward, 1800 Left Shuffle**

5, 6, 7&8      Rock forward onto left, replace onto right, turn 1800 left, shuffle forward left, right, left.

## **PART B – 32 counts**

### **Side Rock Cross Right, Side Rock Cross Left**

1&2, 3&4      Moving forward rock onto side right, replace weight onto left and cross right over left. Rock onto left side, replace weight onto right and cross left over right.

### **Rock Forward Right, 3600 Right Turn**

5, 6, 7&8      Rock forward onto right, replace weight onto left, turn 3600 over right shoulder right, left, right.

### **Rock Forward Left, Turn 2700 Left**

1, 2, 3&4      Rock forward onto left, replace weight onto right, turn 2700 over left shoulder left, right, left.

### **Side Shuffle Right, Rock Back**

5&6, 7, 8      Side shuffle to right side right, left, right ending with weight on right. Rock back on left and replace weight onto right.

### **Side Shuffle Left, Rock Back**

1&2, 3,4      Side shuffle to left side left, right, left ending with weight on left. Rock back on right and replace weight onto left.

### **Rock Forward Right, Back Left, Walk Back**

5, 6, 7, 8      Rock forward onto right, replace back onto left, walk back right, left.

### **Right Coaster Step Back, Pivot Turn Right**

1&2, 3, 4 Step right back, step left together, step right forward. Step forward on left and pivot 180° right (weight on right)

**Shuffle 180° Right, Rock Back Left**

5&6, 7, 8 Continue turning over right shoulder 180° shuffling back left, right, left. Rock back onto right and replace weight onto left.

**To finish, dance first 28 beats of last sequence then shuffle forward left right left and walk forward right left.**

**Note: Thank you to Leanne for assistance with the sequence of the dance**

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**Last Update - 4th Sept 2014**

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