

We Only Live Once

Count: 64

Wall: 2

Level: High Beginner

Choreographer: Katia (IT) & Francesca Chianelli (IT) - September 2023

Music: We Only Live Once - Shannon Noll



Start dancing on lyrics

SHUFFLE FORWARD x 2, HEEL SWITCHES

- 1&2 Step right forward, step left beside right, step right forward
3&4 Step left forward, step right beside left, step left forward
5&6&7&8 Touch right heel forward, step right together, touch left heel forward, step left together, touch right heel forward, step right together, touch left heel forward, step left together

ROCK FORWARD AND ¼ TURN, SHUFFLE SIDE, JAZZ BOX

- 1-2 Step right forward, recover to left and turn ¼ right
3&4 Step right side, step left together, step right side
5-6-7-8 Cross left over, step right back, step left side, touch right toe beside left

ROCK SIDE & SHUFFLE CROSS x 2

- 1-2 Step right side, recover to left
3&4 Cross right over, step left side, cross right over
5-6 Step left side, recover to right
7&8 Cross left over, step right side, cross left over

KICK BALL CHANGE x 2, STOMP, BOUNCE AND TURN x 3

- 1&2 Kick right forward diagonally, step right together, step left together
3&4 Kick right forward diagonally, step right together, step left together
5-6-7-8 Stomp right forward, turn ¾ left in 3 times with 3 bounce of both feet

HEEL, HEEL, TOE, TOE, HEEL, HEEL, TOE, TOE

- 1&2&3-4& Touch right heel forward, step right together, touch left heel forward, step left together, touch right toe back, touch right toe back, step right together
5&6&7-8& Touch left heel forward, step left together, touch right heel forward, step right together, touch left toe back, touch left toe back, step left together

LINDY STEPS (RIGHT AND LEFT)

- 1&2 Step right side, step left together, step right side
3-4 Step left back, recover to right
5&6 Step left side, step right together, step left side
7-8 Step right back, recover to left

DIAGONALLY STEPS & FLICKS WITH CLAP (FULL TURN RIGHT)

- 1-2 Turn ¼ right and step right forward diagonally, flick left back (with clap)
3-4 Turn ¼ right and step left back, flick right forward (with clap)
5-6 Turn ¼ right and step right forward diagonally, flick left back (with clap)
7-8 Turn ¼ right and step left back, flick right forward (with clap)

ROCK STEP, COASTER STEP (RIGHT AND LEFT)

- 1-2 Step right forward, recover to left
3&4 Step right back, step left together, step right forward
5-6 Step left forward, recover to right
7&8 Step left back, step right together, step left forward

