

# Only One Life!

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Ann-Kristin Sandberg (NOR) - July 2018

Musique: One Life - Helena Paparizou : (iTunes)



**INTRO: 8 count (5 sec) Start on vocal**

## **ROCK RECOVER-1/2 TURN R INTO SHUFFLE-1/2 TURN R-STEP BACK-COASTER STEP**

1-2 Step R forw, Recover onto L  
3&4 ½ turn R stepping R forw, Step L next to R, Step R forw (F06)  
5-6 ½ turn R stepping L backw, Step R backw (F12)  
7&8 Step L backw, Step R next to L, Step L forw

## **WALK-SHUFFLE-STEP-PIVOT ¼ TURN R-CROSS SHUFFLE**

1-2 Step R forw, Step L forw  
3&4 Step R forw, Step L next to R, Step R forw  
5-6 Step L forw, Pivot ¼ turn R (F03)  
7&8 Cross L over R, Step R to R side, Cross L over R

## **SIDE-TOGETHER-SHUFFLE-SIDE-TOGETHER-COASTER STEP**

1-2 Step R to R side, Step L next to R  
3&4 Step R forw, Step L next to R, Step R forw  
5-6 Step L to L side, Step R next to L  
7&8 Step L backw, Step R next to L, Step L forw

## **ROCK RECOVER-1/2 TURN R INTO SHUFFLE-FULL TURN R-SHUFFLE**

1-2 Step R forw, Recover onto L  
3&4 ½ turn R stepping R forw, Step L next to R, Step R forw (F09)  
5-6 ½ turn R stepping L backw, ½ turn R stepping R forw  
7&8 Step L forw, Step R next to L, Step L forw (F09)

## **CROSS-BACK-SIDE-CROSS-ROCK RECOVER-SHUFFLE**

1-2 Cross R over L, Step L backw  
3-4 Step R to R side, Cross L over R  
5-6 Step R backw, Recover onto L  
7&8 Step R forw, Step L next to R, Step R forw

## **STEP-PIVOT ½ TURN R-STEP-1/2 TURN L-1/2 TURN L-STEP-SHUFFLE**

1-2 Step L forw, Pivot ½ turn R (F03)  
3-4 Step L forw, ½ turn L stepping R backw  
5-6 ½ turn L stepping L forw, Step R forw (F03)  
7&8 Step L forw, Step R next to L, Step L forw

## **RESTART & TAG: Wall 5: Dance first 32 counts & TAG (F09):**

1-2 Step R forw, Recover onto L  
3-4 Step R back, Recover onto L

**ENJOY & HAPPY DANCING**

Mail: [anne88@online.no](mailto:anne88@online.no)