

# We Only Live Once

拍數: 64      牆數: 2      級數: High Beginner  
編舞者: Katia (IT) & Francesca Chianelli (IT) - September 2023  
音樂: 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

