



Approved by:

*Robbie*

# We Only Live Once

## 4 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 – 2 3 & 4 5 – 6 7 & 8	<b>Walk Forward x 2, Step Pivot 1/2, Step (x 2)</b> Walk forward left. Walk forward right. Step left forward. Pivot 1/2 turn right. Step left forward. Walk forward right. Walk forward left. Step right forward. Pivot 1/2 turn left. Step right forward. (12:00)	Walk Walk Step Pivot Step Walk Walk Step Pivot Step	Forward Turning right Forward Turning left
<b>Section 2</b> 1 – 2 & 3 – 4 & 5 – 6 7 & 8	<b>Forward Diagonal Dorothy Steps, Forward Rock, Coaster Cross</b> Step left diagonally forward left. Lock right behind left. Step left diagonally forward. Step right diagonally forward right. Lock left behind right. Step right diagonally forward. Rock forward on left. Recover onto right. Step left back. Step right beside left. Cross left over right. (12:00)	Left Dorothy Right Dorothy Rock Forward Coaster Cross	Forward On the spot
<b>Section 3</b> 1 – 2 & 3 & 4 & 5 & 6 7 – 8	<b>Side, Behind &amp; Heel &amp; Touch, &amp; Heel Ball Cross, 1/4 Turn x 2</b> Step right to side. Cross left behind right. Step ball of right to side. Touch left heel diagonally forward left. Step left to place. Touch right beside left. Step ball of right to right side. Touch left heel diagonally forward left. Step left to place. Cross right over left. Turn 1/4 right stepping left back. Turn 1/4 right stepping right to side. (6:00)	Side Behind & Heel & Touch & Heel & Cross Quarter Quarter	Right On the spot Turning right
<b>Section 4</b> 1 – 2 3 & 4 5 – 6 7 & 8	<b>Cross Rock, Chasse 1/4 Turn, 1/2 Turn x 2, Mambo Forward</b> Cross rock left over right. Recover onto right. Cross rock right beside left. Turn 1/4 left stepping left forward. (3:00) Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward. Rock forward on right. Rock back on left. Step right back. (3:00)	Cross Rock Chasse Quarter Full Turn Mambo Step	On the spot Turning left On the spot
<b>Section 5</b> 1 – 2 3 & 4 5 & 6 7 & 8	<b>Walk Back x 2, Left Sailor, Right Sailor 1/4 Turn, Forward Shuffle</b> Walk back left. Walk back right. Cross left behind right. Step right to side. Step left side. Cross right behind left. Turn 1/4 right stepping left beside right. Step right forward. Step left forward. Close right beside left. Step left forward. (6:00)	Back Back Left Sailor Sailor Turn Left Shuffle	Back On the spot Turning right Forward
<b>Section 6</b> 1 – 2 3 & 4 5 & 6 & 7 & 8	<b>Step Pivot 1/2, Kick Ball Step, Heel Switches &amp; Forward Lock Step</b> Step right forward. Pivot 1/2 turn left. (12:00) Kick right forward. Step ball of right beside left. Step left forward. Touch right heel forward. Step right beside left. Touch left heel forward. Step left back to place. Step right forward. Lock left behind right. Step right forward.	Step Pivot Kick Ball Step Heel & Heel & Right Lock Right	Turning left On the spot Forward
<b>Section 7</b> 1 – 2 & 3 – 4 & 5 – 6 7 & 8	<b>Syncopated Cross Rocks &amp; Cross, 1/4 Turn, Shuffle 1/2 Turn</b> Cross rock left over right. Recover onto right. Step left to left side. Cross rock right over left. Recover onto left. Step right to right side. Cross left over right. Turn 1/4 left stepping right back. Shuffle step 1/2 turn left, stepping - left, right, left. (3:00)	Cross Rock & Cross Rock & Cross Quarter Shuffle Half	On the spot Turning left
<b>Section 8</b> 1 & 2 3 & 4 5 – 6 7 & 8	<b>Mambo Forward, Coaster Step, Forward Rock, Shuffle 1/2 Turn</b> Rock forward on right. Rock back on left. Step right back. Step left back. Step right beside left. Step left forward. Rock forward on right. Recover onto left. Shuffle step 1/2 turn right, stepping - right, left, right. (9:00)	Mambo Step Coaster Step Rock Forward Shuffle Half	On the spot Turning right

**Choreographed by:** Robbie McGowan Hickie (UK) October 2014

**Choreographed to:** 'We Only Live Once' by Shannon Noll (110 bpm) from CD Single; download available from amazon or iTunes (32 count intro from vocals)



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)