

WE LIVE ONCE

SONG: We Only Live Once – Shannon Noll
CHOREOGRAPHER: Glenda Silver, Gunnedah – August 2014
LEVEL: Intermediate
WALLS: Four
COUNT: 32 (Part A) 32 (Part B)
Starts quick 8 beats on vocals
AAB, AAB, BBA, B, B, B, B

PART A

- 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, 180° Left Shuffle**
5, 6, 7&8 Rock forward onto left, replace onto right, turn 180° left, shuffle forward left, right, left.

PART B

- 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, 360° Right Turn**
5, 6, 7&8 Rock forward onto right, replace weight onto left, turn 360° over right shoulder right, left, right.
- Rock Forward Left, Turn 270° Left**
1, 2, 3&4 Rock forward onto left, replace weight onto right, turn 270° 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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