

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

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We Only Live Once

4 Wall – 64 counts – Intermediate

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)



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

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