

# We Only Live Once

**Count:** 32    **Wall:** 4    **Level:** Absolute Beginner

**Choreographer:** Anna Korsgaard & Kirsthen Hansen, (DK) Nov. 2014

**Music:** We Only Live Once – Shannon Noll

---

**Intro: 32 Count from Vocals - No Tags! No Restarts!**

**Sec.: 1. Walk Forward, Kick Ball Change, Pivot ½ Turn , Shuffle Forward**

- 1 – 2            Walk forward Right, Left.
- 3 & 4           Kick Right forward, step ball of Right beside left, step Left beside Right.
- 5 – 6           Step forward Right, Pivot ½ turn Left
- 7 & 8           Step Right forward, step Left close to Right, step Right forward.

**Sec.: 2. Walk Forward, Kick Ball Change, Pivot ½ Turn , Shuffle Forward**

- 1 – 2            Walk forward Left, Right.
- 3 & 4           Kick Left forward, step ball of Left beside Right, step Right beside Left.
- 5 – 6           Step forward Left, Pivot ½ Right
- 7 & 8           Step Left forward, step Right close to Left, step Left forward.

**Sec.: 3. Cross Rock, Chassé, Cross Rock Chassé ¼ Turn**

- 1 - 2            Cross rock Right over Left, recover on Left.
- 3 & 4            Step Right to Right side, step Left beside Right, step Right to Right side.
- 5 - 6            Cross rock Left over Right, recover on Right.
- 7 & 8            Step Left to Left side, step Right beside Left, Make ¼ turn Left stepping forward on Left.

**Sec.: 4. Cross Rock, Chassé, Cross Rock Chassé**

- 1 - 2            Cross rock Right over Left, recover on Left.
- 3 & 4            Step Right to Right side, step Left beside Right, step Right to Right side.
- 5 - 6            Cross rock Left over Right, recover on Right.
- 7 & 8            Step Left to Left side, step Right beside Left, step Left to Left side.

**Repeat**

**Enjoy and have fun it makes you happy.**

**Contacts: Email: [aklinedance@gmail.com](mailto:aklinedance@gmail.com) - Email: [Kirsthen@ofir.dk](mailto:Kirsthen@ofir.dk)**