



Dance: **We Only Live Once**  
Type: 64 Count, 4 Wall, Intermediate  
Choreographer: Robbie McGowan Hickie (UK), October 2014  
Choreographed to: We Only Live Once by Shannon Noll (110 bpm, 3:50 min)

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Intro: Start after count 32 from the vocals

<b>Section 1</b>	<b>(Walk x 2, Chase 1/2 Turn) x 2</b>	
1,2	Walk forward stepping left, right	Walk, walk
3&4	Step left forward. Pivot 1/2 turn right (6:00). Step left forward	Step, pivot, step
5,6	Walk forward stepping right, left	Walk, walk
7&8	Step right forward. Pivot 1/2 turn left (12:00). Step right forward	Step, pivot, step
<b>Section 2</b>	<b>Dorothy Step x 2, Forward Rock, Coaster Cross</b>	
1,2&	On diagonal (10:30) - Step left forward. Lock right behind left. Step left beside right	Dorothy step
3,4&	On diagonal (1:30) - Step right forward. Lock left behind right. Step right beside left	Dorothy step
5,6	Rock forward on left. Recover on right	Forward rock
7&8	Step left back. Step right beside left. Cross left over right	Coaster cross
<b>Section 3</b>	<b>Side, 1/2 Vaudeville, Touch, Side, Heel-Ball Cross, Hinge 1/2 Turn</b>	
1,2&	Step right to right side. Cross left behind right. Step right to right side	Side, behind &
3&	Touch left heel forward on diagonal (10:30). Step left beside right	Heel, &
4&	Touch right beside left. Step right to right side	Touch, &
5&6	Touch left heel forward on diagonal (10:30). Step ball of left beside right. Cross right over left	Heel-ball cross
7,8	Turn 1/4 right stepping left back (3:00). Turn 1/4 right stepping right to right side (6:00)	Turn, turn
<b>Section 4</b>	<b>Cross Rock, Chasse 1/4 Left, Full Turn, Mambo Step</b>	
1,2	Cross rock left over right. Recover on right	Cross rock
3&4	Step left to left side. Step right beside left. Step left 1/4 turn left (3:00)	Left chasse turn
5,6	Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward	Full turn
5,6	<i>Non-turning steps 5-6: Walk x 2</i>	
7&8	<i>Walk forward stepping right, left</i> Rock forward on right. Recover on left. Step right beside left	Walk, walk Mambo step
<b>Section 5</b>	<b>Walk Back x 2, Sailor Step, Sailor 1/4, Left Shuffle</b>	
1,2	Walk back stepping left, right	Back, back
3&4	Cross left behind right. Step right to right side. Step left to left side	Sailor step
5&6	Turn 1/4 right crossing right behind left (6:00). Step left to left side. Step right to right side	Sailor turn
7&8	Step left forward. Step right beside left. Step left forward	Left shuffle
<b>Section 6</b>	<b>Step Pivot 1/2, Kick-Ball Step, Heel Switch x 2, Step Lock Step</b>	
1,2	Step right forward. Pivot 1/2 turn left (12:00)	Step, pivot
3&4	Kick right forward. Step ball of right beside left. Step left forward	Kick-ball step
5&6&	Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right	Heel, &, heel, &
7&8	Step right forward. Lock left behind right. Step right forward	Step, lock, step
<b>Section 7</b>	<b>Cross Rock Switch, Cross, 1/4 Turn, 1/2 Shuffle</b>	
1,2&	Cross rock left over right. Recover on right. Step left to left side	Cross rock, &
3,4&	Cross rock right over left. Recover on left. Step right to right side	Cross rock, &
5,6	Cross left over right. Turn 1/4 left stepping right back (9:00)	Cross, turn
7&8	Turn 1/4 left stepping left to left side. Step right beside left. Step left 1/4 turn left (3:00)	Half shuffle
5,6	<i>Non-turning steps 5-8: Cross, 1/4 Turn Left Shuffle</i>	
7&8	<i>Cross left over right. Step right 1/4 turn right (3:00)</i> <i>Step left forward. Step right beside left. Step left forward</i>	Cross, turn Left shuffle
<b>Section 8</b>	<b>Mambo Step, Coaster Step, Forward Rock, 1/2 Shuffle</b>	
1&2	Rock forward on right. Recover on left. Step right beside left	Mambo step
3&4	Step left back. Step right beside left. Step left forward	Coaster step
5,6	Rock forward on right. Recover on left	Forward rock
7&8	Turn 1/4 right stepping right to right side. Step left beside right. Step right 1/4 turn right (9:00)	Half shuffle

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