

WE ONLY LIVE ONCE - EASY

Description: 32ct, 4 wall, Beginner
Choreographed by: Lene Mainz Pedersen, (DK) Feb. 2015
Music: We Only Live Once - Shannon Noll
Intro: 32 Count from Vocals - No Tags! No Restarts!

WALK FW R,L, MAMBO, WALK BACK L,R, COASTER

1 - 2 Walk fwd R, L.
3 & 4 Rock fwd R, recover on L, Step back on R.
5 - 6 Walk back L,R.
7 & 8 Step back on L, Step R beside L, Step fwd on L.

STEP LOCK, STEP LOCK STEP X 2

1 - 2 Step fwd on R to R diagonal, Lock L behind R.
3 & 4 Step fwd on R, Lock L behind R, Step fwd on R.
5 - 6 Step fwd on L to L diagonal, Lock R behind L.
7 & 8 Step fwd on L, Lock R behind L, Step fwd on L.

CROSS ROCK, CHASSÉ, CROSS ROCK CHASSÉ ¼ TURN

1 - 2 Cross Rock R over L, recover on L.
3 & 4 Step R to R side, step L beside R, step R to R side.
5 - 6 Cross Rock L over R, recover on R.
7 & 8 Step L to L side, step R beside L, Make ¼ turn L stepping fwd on L.

CROSS POINT R, L, JAZZ BOX.

1 - 4 Cross R over L, Point L to L side, Cross L over R, Point R to R side.
5 - 8 Cross R over L, Step back on L, Step R to R side, Step fwd on L.

RHEDA-WIEDENBRÜCK