

# We Live Once

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**Count:** 64      **Wall:** 4      **Level:** Phrased Intermediate

**Choreographer:** Glenda Silver, Gunnedah - Aug 2014

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

**Starts quick 8 beats on vocals - Seq: AAB, AAB, BBA, B, B, B, B PART A**

**PART A - 32 counts**

**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 - 32 counts**

### **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, 3600 Right Turn**

**5, 6, 7&8** Rock forward onto right, replace weight onto left, turn 3600 over right shoulder right, left, right.

### **Rock Forward Left, Turn 2700 Left**

**1, 2, 3&4** Rock forward onto left, replace weight onto right, turn 2700 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 1800 right (weight on right)

### **Shuffle 1800 Right, Rock Back Left**

**5&6, 7, 8** Continue turning over right shoulder 1800 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**

**Contact: Glenda Silver - 0427927019 - Email: [mgsilver@bigpond.com](mailto:mgsilver@bigpond.com)**

**Last Update - 4th Sept 2014**

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