

# Only One Life

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

**Choreographer:** Jaime Macias - June 2019

**Music:** "I Love This Life" / Locash

## **(6 Count Bridge & 2 Restarts)**

**Sequence: AAB A(16C) ABA A(16c) A (Bridge) BAA**

### **SECTION A:**

**SECA1: SIDE ROCK STEP,CROSS BEHIND,STEP & CROSS, SIDE ROCK STEP,CROSS BEHIND,STEP & CROSS**

**1-2**rock right to right side, recover left

**3-4**cross right behind left, left foot at left & cross right over left

**5-6**rock left to left side, recover on right

**7-8**cross left behind right, right foot at right & cross left over right

### **SECA2: ROCK STEP FWD,TRIPLE STEP,BACK ROCK ,TRIPLE STEP**

**1-2**rock right fwd, recover left

**3-4**step right back & left at side, step right back

**5-6**back rock left, recover right

**7-8**step left fwd & right at side, step left fwd

### **SECA3: VINE R, TOE TOUCH SIDE L,ROLLING VINE L, TOE TOUCH SIDE R**

**1-2**right foot at right, left cross behind right

**3-4**right foot at right, toe touch left to side

**5-6**turn  $\frac{1}{4}$  left recover left foot, turn  $\frac{1}{4}$  left step right fwd

**7-8turn  $\frac{1}{2}$  left step left fwd, toe touch right to side**

**SECA4: ROLLING VINE R, TOE TOUCH SIDE L ROLLING VINE L, STOMP R**

**1-2turn  $\frac{1}{4}$  right recover right foot, turn  $\frac{1}{4}$  right step left fwd**

**3-4turn  $\frac{1}{2}$  right step right fwd, toe touch left to side**

**5-6turn  $\frac{1}{4}$  left recover left foot, turn  $\frac{1}{4}$  left step right fwd**

**7-8turn  $\frac{1}{2}$  left step left fwd, stomp right**

**SECTION B:**

**SECB1: WAVE, ROCK STEP FWD, TURN R, ROCK STEP FWD**

**1-2right foot at right, left cross behind right**

**3-4turn  $\frac{1}{4}$  right rock right fwd, recover left**

**5-6turn  $\frac{1}{2}$  right step right fwd, turn  $\frac{1}{2}$  right step left back**

**7-8turn  $\frac{1}{2}$  right rock right fwd, recover left**

**SECB2: WAVE, ROCK STEP FWD, PIVOT TURN R, ROCK STEP FWD**

**1-2turn  $\frac{1}{4}$  right right foot at right, left cross behind right**

**3-4turn  $\frac{1}{4}$  right rock right fwd, recover left**

**5-6turn  $\frac{1}{2}$  right step right fwd, turn  $\frac{1}{2}$  right step left back**

**7-8turn  $\frac{1}{2}$  right rock right fwd, recover left**

**SECB3: SAILOR STEP R, TURN R, PIVOT TURN R (x2)**

**1-2turn  $\frac{1}{4}$  right right back, left at side & right fwd**

**3-4left fwd, turn ½ right**

**5-6turn ½ right left fwd, turn ½ right right fwd**

**7-8turn ½ right left fwd, turn ½ right right fwd**

#### **SECB4: TURN R, STEP LOCK STEP, STOMP , KICK BALL CROSS**

**1-2step left fwd, turn ½ right**

**3-4step left fwd, step right behind left**

**5-6step left fwd, stomp right**

**7-8kick right fwd, recover left cross fwd**

#### **BRIDGE:**

**1-2toe touch right fwd, right at side**

**3-4toe touch left fwd, left at side**

**5-6toe touch right fwd, stomp right**