

Only Once

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Count: 64

Wall: 2

Level: Easy Intermediate

Choreographer: Stephan Lawson - March 2015

Music: We Live Only Once - Shannon Noll

To Manu

Intro 32 counts

[1-8] HEEL JACK, LEFT ¼ TURN (2x) CROSS AND CROSS

1-2 &3&4RF to Right side- Cross LF behind RF, RF to right side, Left heel forward, cross RF over LF

5-6 Right ¼ turn (With LF) , right ¼ turn (with RF)

7&8 Right cross and cross with LF

[9-16] STEP FORWARD, HOLD, BALL STEP, TOE (2 times Right and Left)

1-2RF to right diagonal, Hold

&3-4 Recover LF beside, RF forward, Left toe to Right side behind RF

5- 6LF to Left diagonal, Hold

&7-8 Recover RF beside, LF forward, Right toe to left side behind LF

[17-24] 1/4 TURN, KICK BALL CHANGE, ½ TURN , KICK BALL CHANGE

1-2RF forward, left ¼ turn

3&4 Right Kick ball

5-6RF forward, left ½ turn

7&8 Right kick ball change

[25-32] JAZZBOX ¼ TURN, LEFT FULLTURN, RIGHT SIDE, LEFT RECOVER

1-4 Jazzbox ¼ turn to right

5-6 Left Full turn (RF, LF)

7-8RF to right side, recover LF beside (weight on LF)

[33-40] STEP TURN, HEELJACK, LEFT ROCK STEP, BACK, FLICK, TOE

1-2RF forward, left ¼ turn

3&4 Cross RF over LF, LF to left side, Right heel forward

&5-6 Recover RF beside, Left rock step forward

7-8LF back, Flick back with RF (7) , Right toe to right side (8)

[41-48] RIGHT MONTEREY HALF TURN, LEFT SHUFFLE, RIGHT SIDE HITCH, LEFT SIDE HITCH

1-2 Recover RF beside LF with right ½ turn, Left toe to left side

3&4 Left shuffle forward

5-6 Left ¼ turn (RF to right side), Hitch Left knee cross over right

7-8LF to Left, Hitch right knee cross over left

[49-56] RIGHT STOMP- HOLD, LEFT SAILOR STEP (2x)

1-2 Stomp RF to right diagonal, Hold

3&4 Left Sailor step

5-8 Dance again the last four counts

[57-64] STEP TURN, RIGHT KICK BALL CHANGE, LEFT FULL TURN, JUMP TOUCH

1-2RF forward, left ½ turn

3&4 Right Kick ball

5-6 Left Full turn (RF, LF)

&7&8 Jump to the right with RF, Touch LF beside RF, Jump PG to the left with LF, Touch RF beside LF

ENJOY !!!

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