

We Only Live Once AB

Level: Absolute Beginner **Count:** 32 **Wall:** 4

Choreographer: Anna Korsgaard & Kirsthen Hansen, (DK) Nov. 2014

Music: We Only Live Once by Shannon Noll

Style: Smooth (WCS)

BPM: 110

Intro: 32

Sec.: 1. Walk Forward, Kick Ball Change, Pivot ½ Turn , Shuffle Forward

1 – 2 Walk forward Right, Left.
3 & 4 Kick Right forward, step ball of Right beside left, step Left beside Right.
5 – 6 Step forward Right, Pivot ½ turn Left
7 & 8 Step Right forward, step Left close to Right, step Right forward.

Sec.: 2. Walk Forward, Kick Ball Change, Pivot ½ Turn , Shuffle Forward

1 – 2 Walk forward Left, Right.
3 & 4 Kick Left forward, step ball of Left beside Right, step Right beside Left.
5 – 6 Step forward Left, Pivot ½ Right
7 & 8 Step Left forward, step Right close to Left, step Left forward.

Sec.: 3. Cross Rock, Chassé, Cross Rock Chassé ¼ Turn

1 - 2 Cross rock Right over Left, recover on Left.
3 & 4 Step Right to Right side, step Left beside Right, step Right to Right side.
5 - 6 Cross rock Left over Right, recover on Right.
7 & 8 Step Left to Left side, step Right beside Left, Make ¼ turn Left stepping forward on Left.

Sec.: 4. Cross Rock, Chassé, Cross Rock Chassé

1 - 2 Cross rock Right over Left, recover on Left.
3 & 4 Step Right to Right side, step Left beside Right, step Right to Right side.
5 - 6 Cross rock Left over Right, recover on Right.
7 & 8 Step Left to Left side, step Right beside Left, step Left to Left side.

Repeat