

# We Only Live Once



**Level:** Low Intermediate Partner Circle Dance  
**Counts:** 32 counts  
**Choreographer:** John and Freida Utzig  
**Music:** We Only Live Once by Shannon Noll, (32 count intro, 110 bpm)  
**Taught by:** Skippi Mitchell – 8/4/15

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Start in Tandem position, lady facing outside line of dance, man behind lady, hands joined at Lady's shoulders. Footwork is the same for both.

## **[1-8] R SIDE SHUFFLE, L ROCK BACK, ½ R TURN, L CROSSING SHUFFLE**

1&2 Side shuffle R-L-R  
3-4 Rock back on L, recover R  
5-6 Turn ¼ R stepping back on L, turn ¼ R on R *to face ILOD*  
*Couple progresses around the circle CCW in Reverse Sweetheart position*  
7&8 Crossing shuffle L-R-L

## **[9-16] ½ L TURN, R CROSSING SHUFFLE, L SIDE ROCK, ¼ TURN L COASTER**

1-2 Turn ¼ L stepping back on R, turn ¼ L on L *to face OLOD*  
*Couple continues around the circle CCW in Sweetheart position*  
3&4 Crossing shuffle R-L-R  
5-6 Rock on L side, recover R side  
7&8 Turn ¼ L w/ back coaster L-R-L *to face LOD in Sweetheart position*

## **[17-24] R & L FWD SHUFFLES, R ROCK FWD, R COASTER BACK**

1&2 Shuffle fwd R-L-R  
3&4 Shuffle fwd L-R-L  
5-6 Rock fwd R, recover L  
7&8 Back coaster R-L-R

## **[25-32] L & R FWD SHUFFLES, STEP L, ¼ R TURN, L CROSSING SHUFFLE**

1&2 Shuffle fwd L-R-L  
3&4 Shuffle fwd R-L-R  
5-6 Step fwd L, ¼ turn R on R *to face OLOD in Tandem position*  
7&8 Crossing shuffle L-R-L