



Specializing in
Line Dancing &
Couples Flow Dancing
To All Types of Music

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- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lesson
- Partner Lessons
- D.J. Service

ASCAP/BMI Licensed

We Only Live Once - Easy

Choreographed by Lene Mainz Pedersen

Description: 32 count, 4 wall, beginner line dance

Music: We Only Live Once by Shannon Noll

Preview/purchase music

Intro: 32

STEP RIGHT FORWARD, LEFT, MAMBO, WALK BACK LEFT, RIGHT, COASTER

- 1-2 Step right forward, step left forward
3&4 Rock right forward, recover to left, step right back
5-6 Step left back, step right back
7&8 Left coaster step

STEP LOCK STEP LOCK STEP TWICE

- 1-2 Step right diagonally forward, lock left behind
3&4 Locking chassé forward right-left-right
5-6 Step left diagonally forward, lock right behind
7&8 Locking chassé forward left-right-left

CROSS ROCK, CHASSÉ, CROSS ROCK CHASSÉ ¼ TURN

- 1-2 Cross/rock right over, recover to left
3&4 Chassé side right-left-right
5-6 Cross/rock left over, recover to right
7&8 Chassé side left-right-left turning ¼ left

CROSS POINT RIGHT, LEFT, JAZZ BOX

- 1-4 Cross right over, touch left side, cross left over, touch right side
5-8 Cross right over, step left back, step right side, step left forward

REPEAT
