

# RLD

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## WE ONLY LIVE ONCE

### 32 Count Four Wall Line Dance Music: We Only Live Once - Shannon Noll

#### Beat Steps

- 1,2** Walk forward left. Walk forward right.  
**3&4** Touch left forward, make a **1/2 pivot turn right**, step forward on Left.  
**5,6** Walk forward on right. Walk forward on Left.  
**7&8** Touch right forward, make a **1/2 turn pivot turn left**, step forward on right.

- 1,2&** **DOROTHY STEPS:** Step left diagonally forward. Lock right behind left, step left forward left.  
**3,4&** Step right diagonally forward. Lock left behind right, step right diagonally forward.

- 5,6** Rock forward on left. Rock back on right.  
**7&8** **COASTER CROSS:** Step back on left, step right beside left, cross step left over right.

- 1,2&3** Step right to right. Cross left behind right, step right to right side, touch left heel forward.  
**4&5** step left back to place, touch right toe beside left, step right to right side.  
**5&6** touch left heel forward, step left back to place, cross step right over left.  
**7- 8** Make **1/4 turn right** stepping back on left. Make **1/4 turn right** stepping right to right side.

- 1,2** Cross rock left over right. Rock back on right.  
**3&4** Step left to left side, step right beside left, make a **1/4 turn left** on left.  
**5,6** Make **1/2 turn left** stepping back on right. Make **1/2 turn left** stepping forward on left.  
**7&8** **MAMBO STEP:** Rock forward on right, rock back on left, step back on right.

- 1,2** Walk back on left. Walk back on right.  
**3&4** **SAILOR STEP:** Cross left behind right, step right to right side, step left to left side.  
**5&6** Cross right behind left, make a **1/4 turn right** stepping left beside right, step forward on right.  
**7&8** Left shuffle forward, stepping left, right, left.

- 1,2** Touch right toe forward. Make a **1/2 pivot turn left**.  
**3&4** **KICK BALL STEP:** Kick right forward, step right beside left, step forward on left.  
**5&6&7** Touch right heel forward, step right back to place, touch left heel forward, step left back to place,  
**7&8** **RIGHT LOCK STEP:** step forward on right, lock step left behind right, step forward on right.

- 1,2&** Cross rock left over right. Rock back on right, step left to left side,  
**3,4&** cross rock right over left. Rock back on left, step right to right side.  
**5,6** Cross left over right. Make a **1/4 turn left** stepping back on right.  
**7&8** Make a **1/2 shuffle turn left** stepping left, right, left.

- 1&2** **MAMBO STEP:** Rock forward on right. rock back on left, step back on right.  
**3&4** **COASTER STEP:** Step back on left, step right beside left, step forward on left.  
**5,6** Rock forward on right. Rock back on left.  
**7&8** Make a **1/2 shuffle turn right** stepping right. left. right.  
**Start again...**