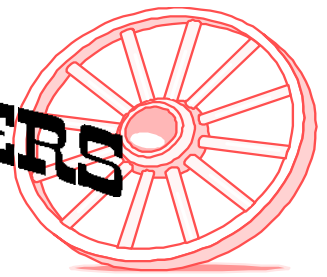


COUNTRY CLUB DANCERS



We Only Live Once

Dance taught by Paul & Sharon
Hergert for the Country Club
Dancers 04-13-2015

Choreographed by: John and Freida Utiz, www.countryplus.org
Description: 32 count low intermediate partner circle dance
Music: **We Only Live Once** by Shannon Noll, July 2014, 110 bpm, or
Country Girl (Shake It For Me) by Luke Bryan, 106 bpm
Start Position: Facing OLOD, Man behind Lady in tandem position
Intro: 32 counts

- 1 – 8 Side shuffle, Rock back, ½ Turn, Cross shuffle**
1&2 Side Shuffle right – left – right
3-4 Cross/rock left behind right, recover to right
5-6 Turn ¼ right and step left back, turn ¼ right and step left side (facing ILOD)
7&8 Crossing shuffle left – right – left
- 9 – 16 ½ Turn, Cross shuffle, Rock recover, ¼ Coaster step**
1-2 Turn ¼ left and step right back, turn ¼ left and step left side (facing OLOD)
3&4 Crossing shuffle right – left – right
5 6 7&8 Rock left side, recover to right, ¼ left coaster step stepping left – right – left
(facing LOD)
- 17 – 24 Shuffle forward (Twice), Rock, Recover, Coaster step**
1&2 Step forward right, step together left, step forward right
3&4 Step forward left, step together right, step forward left
5-6 Rock forward right, recover left
7&8 Coaster step right – left – right
- 25 – 32 Shuffle forward (Twice), Pivot ¼ Right, Cross shuffle**
1&2 Step forward left, step together right, step forward left
3&4 Step forward right, step together left, step forward right
5 6 7&8 Step forward left, pivot ¼ right, crossing shuffle stepping left – right – left
(end facing OLOD)

Repeat

We Only Live Once
04-13-15