

WE ONLY LIVE ONCE

LEVEL: Intermediate

ARTIST: Shannon Noll

CHOREO: Leanne Newcombe, Rise 'n' Shine & Moonshine Cloggers

SPEED: Normal

LENGTH: 3.41 (cropped)

SEQUENCE: Intro, A, Chorus, B, C, Chorus*, D, Intro*, Chorus*, D, End

INTRO: Wait 8 beats. (Start after the 2 whistles)

Quick Cues

Intro (32 beats)

8 Step Heather
8 2 Slur Brush
8 Step Heather
8 2 Stomp Doubles

Part A (32 beats)

8 Clogover Hop (left)
8 No Name
8 Clogover Hop (right)
8 Whip 'N' Pause

Chorus (32 beats)

8 Samantha (1/2 R)
8 Cowboy Dragback
8 Snake 'n' Brush Basic
8 Civic Double Rocky (1/2 R)

Part B (32 beats)

8 MJ Cole
4 Half Time Bomb
4 Quick Turkey
8 MJ Cole (R foot)
8 Back Brush Slide

Part C (32 beats)

8 2 Joeys
8 Football
8 Scotty Bounce (1/2 L)
4 Travelling Pivot (1/2 R)
4 2 Reverse Basics

Quick Cues

Chorus* (64 beats)

8 Samantha (No Turn)
8 Cowboy Dragback
8 Snake 'n' Brush Basic
8 Civic Double Rocky (1/2 R)
32 REPEAT TO FRONT

Part D (32 beats)

4 Jazzy Swivel
4 Duck Step
4 Jazzy Swivel
4 Duck Step
16 2 Back Hop Steps

Intro* (32 beats)

8 Step Heather
8 2 Slur Brush
8 Step Heather
8 Long Knee Out

Chorus* (64 beats)

8 Samantha (No Turn)
8 Cowboy Dragback
8 Snake 'n' Brush Basic
8 Civic Double Rocky (1/2 R)
32 REPEAT TO FRONT

Part D (32 beats)

4 Jazzy Swivel
4 Duck Step
4 Jazzy Swivel
4 Duck Step
16 2 Back Hop Steps

End (1 beat)

1 Step (OTS)

Step Definitions – WE ONLY LIVE ONCE

STEP HEATHER:

(P) S BR(XIF)	H T-H(XIF)	T-H(BK)	T-H (BK)	R(BK)	S DS RS
L R	L R R	L L	R R	L	R L RL
& 1 &	2 & 3	& 4	& 5	&	6 & 7 & 8

CLOGOVER HOP:

DS(OTS)	DS(XIF)	DS-HOP	TCH-S	DS(OTS)	DS(XIF)	DS RS
L	R	L L	R R L	R	L	RL
&1	&2	&3 &	a 4 &5	&6	&7 &8	



Step Definitions – WE ONLY LIVE ONCE

NO NAME:

DS BR SL TCH(XIF) SL DT(OTS) SL TT(BK) SL BR SL DS RS
 L R L R L R L R L R L R LR
 &1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

SLUR BRUSH:

DS(OTS) SLR-S(XIB) DS BR H
 L R R L R L
 &1 & 2 & 3 & 4

WHIP 'N' PAUSE:

DS DS(XIF) SL S(XIB) DR S(XIF) RS(FWD) (P) (P) RS(FWD) (P) (P)
 L R R L L R LR LR
 &1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

SAMANTHA:

DS DS(XIF) DR S(BK) DR S(BK) RS DS DS RS
 L R R L L R LR L R LR
 &1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

STOMP DOUBLE:

(P) STO DS DS RS
 L R L RL
 & 1 & 2 & 3 & 4

COWBOY DRAG BACK:

[DS DS DS BR(XIF) SL] (FWD) [DS(XIF) DR RS(XIF) DR RS(XIF)] (BK)
 L R L R L R LR R LR
 &1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

SNAKE 'N' BRUSH BASIC:

DS H(WGT TW) S R(BK) S H(WGT TW) S R(BK) S BR SL DS RS
 L R L R L R L R L R L R LR
 &1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

CIVIC DOUBLE ROCKY:

K/DR S(XIF) TCH(OTS) SL DS(XIF) SLR(REV)/PVT(1/2 R) S RS DS R H(WGT) FL-H
 L/R L R L R L / R L RL R L R R R
 & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

M J COLE:

DS DS(XIB) RS (P) S RS-SC(F) RS-SC(F) RS
 L R LR L RL L RL L RL
 &1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

HALF TIME BOMB:

(P) STO(XIF) RS STO(XIF) RS STO
 L RL R LR L
 & 1 & 2 & 3 & 4

BACK BRUSH SLIDE:

DT(BK) H BR H H-FL RS-DR/K(XIF) SL-DR/K(X) SL RS BA-SL
 L R L R L L RL L/R L L/R L RL R R
 & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

QUICK TURKEY:

LIFT/DR H-FL(OTS) BA(XIB) R(OTS) H-FL(OTS) S(XIB)
 L /R L L R L R R L
 & 1 & 2 & 3 & 4

JOEY:

DS BA(XIB) BA(OTS) BA(OTS) BA(XIB) BA(BS) S
 L R L R L R L
 &1 & 2 & 3 & 4

FOOTBALL:

DS-DR/K SL RS-DR/K SL RS DS RS K/DR-SL
 L L/R L RL L/R L RL R LR L/R R
 &1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

TRAVELLING PIVOT:

DS(OTS) DS(XIF) DS(OTS) PVT(R)/LOOP-S(BK)
 L R L L / R R
 &1 & 2 & 3 & 4

SCOTTY BOUNCE:

DS DT(XIF) SL DT(X) SL TT(BK) BO/BO (P) [BO/BO BO/BO] (1/2 R) BO/LIFT DS RS
 L R L R L R L/R L/R L/R L/R L/R R LR
 &1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

DUCK STEP:

DT-BA/BA(H'S OUT) BA/BA(H'S IN) SL/LIFT RS BR SL
 L L/R L/R L/R RL R L
 & 1 & 2 & 3 & 4

REVERSE BASIC:

R(OTS) S DS
 L R L
 & 1 & 2

JAZZY SWIVEL:

DT-BA/BA(H'S L) H/H(T'S L) BA/BA(H'S L) DS(XIF) R
 L L/R L/R L/R R LR
 & 1 & 2 & 3 & 4

BACK HOP STEP:

DS-HOP/LOOP-S(XIB) R(OTS) S(OTS) LOOP/HOP S(XIB) R(OTS) S(OTS) HOP/LOOP-S(XIB) RS BA-SL
 L L / R R L R L / R L R L / R R LR L L
 &1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

LONG KNEE OUT:

(P)S (P) S RS(FWD) PULL(TOE) TCH(BS & BEND L KNEE OUT) (P) (P) (P) (P) (P) (P) (P) (P)
 L R LR L L
 & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8