

# Only Once

**COPPER KNOB**  
STEPPERS

**Count:** 64

**Wall:** 2

**Level:** Easy Intermediate

**Choreographer:** Stephan Lawson (FR) - March 2015

**Music:** We Live Only Once – Shannon Noll



To Manu ....

Intro 32 counts

## [1-8] HEEL JACK, LEFT ¼ TURN ( 2x) CROSS AND CROSS

- 1-2 &3&4 RF to Right side- Cross LF behind RF, RF to right side, Left heel forward, cross RF over LF
- 5-6 Right ¼ turn ( With LF ) , right ¼ turn ( with RF )
- 7&8 Right cross and cross with LF

## [9-16] STEP FORWARD, HOLD, BALL STEP, TOE ( 2 times Right and Left )

- 1-2 RF to right diagonal, Hold
- &3-4 Recover LF beside, RF forward, Left toe to Right side behind RF
- 5- 6 LF to Left diagonal, Hold
- &7-8 Recover RF beside, LF forward, Right toe to left side behind LF

## [17-24] 1/4 TURN, KICK BALL CHANGE, ½ TURN , KICK BALL CHANGE

- 1-2 RF forward, left ¼ turn
- 3&4 Right Kick ball
- 5-6 RF forward, left ½ turn
- 7&8 Right kick ball change

## [25-32] JAZZBOX ¼ TURN, LEFT FULLTURN, RIGHT SIDE, LEFT RECOVER

- 1-4 Jazzbox ¼ turn to right
- 5-6 Left Full turn ( RF, LF)
- 7-8 RF to right side, recover LF beside ( weight on LF )

## [33-40] STEP TURN, HEELJACK, LEFT ROCK STEP, BACK, FLICK, TOE

- 1-2 RF forward, left ¼ turn
- 3&4 Cross RF over LF, LF to left side, Right heel forward
- &5-6 Recover RF beside, Left rock step forward
- 7-8 LF back, Flick back with RF (7) , Right toe to right side (8)

## [41-48] RIGHT MONTEREY HALF TURN, LEFT SHUFFLE, RIGHT SIDE HITCH, LEFT SIDE HITCH

- 1-2 Recover RF beside LF with right ½ turn, Left toe to left side
- 3&4 Left shuffle forward
- 5-6 Left ¼ turn ( RF to right side ), Hitch Left knee cross over right
- 7-8 LF to Left, Hitch right knee cross over left

## [49-56] RIGHT STOMP- HOLD, LEFT SAILOR STEP ( 2x)

- 1-2 Stomp RF to right diagonal, Hold
- 3&4 Left Sailor step
- 5-8 Dance again the last four counts

## [57-64] STEP TURN, RIGHT KICK BALL CHANGE, LEFT FULL TURN, JUMP TOUCH

- 1-2 RF forward, left ½ turn
- 3&4 Right Kick ball
- 5-6 Left Full turn ( RF, LF)
- &7&8 Jump to the right with RF, Touch LF beside RF, Jump PG to the left with LF, Touch RF beside LF

ENJOY !!!

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