

# 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)

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## Quick Cues

### Intro (32 beats)

8 Step Heather  
8 2 Slur Brush (R&L)  
8 Step Heather  
8 2 Stomp Double

### Part A (32 beats)

8 Clogover Hop  
8 No Name  
8 Clogover Hop  
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  
8 Back Brush Slide

### Part C (32 beats)

8 2 Joey  
8 Football  
8 Scotty Bounce (1/2 L)  
4 Travelling Pivot (1/2 R)  
4 2 Reverse Basic

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## 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

### Part D (32 beats)

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

### Intro\* (32 beats)

8 Step Heather  
8 2 Slur Brush (R&L)  
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

### Part D (32 beats)

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

### End (1 beat)

1 Step (OTS)

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## Step Definitions – WE ONLY LIVE ONCE

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### 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



Restamped 8<sup>th</sup> Feb 2020  
to current ACA  
Terminology

# 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 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  
 R LR L RL R  
 & 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 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)  
 L R LR L L  
 & 1 & 2 &3 & 4 & 5 & 6 & 7 & 8