

# Only One Life!

48 Count 4 Wall Improver

Choreographed by: Ann-Kristin Sandberg (Norway) July-18

Music: "One Life" By Helena Paparizou (3.35) I-Tunes

INTRO: 8 count (5 sec) Start on vocal

## ROCK RECOVER-1/2 TURN R INTO SHUFFLE-1/2 TURN R-STEP BACK-COASTER STEP

- 1-2 Step R forw, Recover onto L
- 3&4 ½ turn R stepping R forw, Step L next to R, Step R forw (F06)
- 5-6 ½ turn R stepping L backw, Step R backw (F12)
- 7&8 Step L backw, Step R next to L, Step L forw

## WALK-SHUFFLE-STEP-PIVOT ¼ TURN R-CROSS SHUFFLE

- 1-2 Step R forw, Step L forw
- 3&4 Step R forw, Step L next to R, Step R forw
- 5-6 Step L forw, Pivot ¼ turn R (F03)
- 7&8 Cross L over R, Step R to R side, Cross L over R

## SIDE-TOGETHER-SHUFFLE-SIDE-TOGETHER-COASTER STEP

- 1-2 Step R to R side, Step L next to R
- 3&4 Step R forw, Step L next to R, Step R forw
- 5-6 Step L to L side, Step R next to L
- 7&8 Step L backw, Step R next to L, Step L forw

## ROCK RECOVER-1/2 TURN R INTO SHUFFLE-FULL TURN R-SHUFFLE

- 1-2 Step R forw, Recover onto L
- 3&4 ½ turn R stepping R forw, Step L next to R, Step R forw (F09)
- 5-6 ½ turn R stepping L backw, ½ turn R stepping R forw
- 7&8 Step L forw, Step R next to L, Step L forw (F09)

## CROSS-BACK-SIDE-CROSS-ROCK RECOVER-SHUFFLE

- 1-2 Cross R over L, Step L backw
- 3-4 Step R to R side, Cross L over R
- 5-6 Step R backw, Recover onto L
- 7&8 Step R forw, Step L next to R, Step R forw

## STEP-PIVOT ½ TURN R-STEP-1/2 TURN L-1/2 TURN L-STEP-SHUFFLE

- 1-2 Step L forw, Pivot ½ turn R (F03)
- 3-4 Step L forw, ½ turn L stepping R backw
- 5-6 ½ turn L stepping L forw, Step R forw (F03)
- 7&8 Step L forw, Step R next to L, Step L forw

RESTART & TAG: Wall 5: Dance first 32 counts & TAG (F09): 1-2 Step R forw, Recover onto L  
3-4 Step R back, Recover onto L

ENJOY & HAPPY DANCING

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