



YOU'RE ONLY YOUNG ONCE

Choreographed By: Micaela Svensson Erlandsson
32 Count, 2 Wall, Beginner level line dance
Music: You're Only Young Once by Derek Ryan
Contact Info: micas@ldcrazy.se



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Intro: 32 counts.

Section 1: Side. Hold. Back Rock. Side. Hold. Back Rock.

- 1-4 Step right to right. Hold. Rock back on left. Recover onto right.
- 5-8 Step left to left. Hold. Rock back on right. Recover onto left.

Section 2: Step. Tap. Step. Hook. Lock Step. Scuff.

- 1-4 Step forward on right. Tap left in place. Step left in place. Hook right over left.
- 5-8 Step forward on right. Lock left behind right. Step forward on right. Scuff left.

Section 3: Rock Step. Toe strut Back X 2. Toe. Unwind 1/2 left.

- 1-4 Rock forward on left. Recover onto right. Touch left toes back. Drop heel to the floor.
- 5-8 Touch right toes back. Drop heel to the floor. Touch left toes back. Unwind 1/2 left.

Section 4: Modified Jazz Box. X 2 (Kick, Cross, Back, Side)

- 1-4 Kick right forward. Cross right over left. Step back on left. Step right to right side.
- 5-8 Kick left forward. Cross left over right. Step back on right. Step left to left side.

Tag: after walls:.....

- 1** (Facing 6 O'clock)
- 4** (Facing 12 O'clock)
- 11** (Facing 12 O'clock)

Tag: Heel Grind. Back Rock.

- 1-2** Take weight on your right heel and fan toes from left to right. Recover onto left.
- 3-4** Rock back on right. Recover onto left.

(Taught by Elysium Dance Designs June 2017)

