

# YOU'RE ONLY YOUNG ONCE

Choreographer: Micaela Svensson Erlandsson

Count: 32

Wall: 2

Level: Beginner

Intro: 32 counts

Music: "You're Only Young Once" by Derek Ryan



[www.country-stafke.be](http://www.country-stafke.be)

## Section 1:

1-4

5-8

**Side. Hold. Back Rock. Side. Hold. Back Rock.**

Step right to right. Hold. Rock back on left. Recover onto right.

Step left to left. Hold. Rock back on right. Recover onto left.

## Section 2:

1-4

5-8

**Step. Tap. Step. Hook. Lock Step. Scuff.**

Step forward on right. Tap left in place. Step left in place. Hook right over left.

Step forward on right. Lock left behind right. Step forward on right. Scuff left.

## Section 3:

1-4

5-8

**Rock Step. Toe strut Back X 2. Toe. Unwind ½ left.**

Rock forward on left. Recover onto right. Touch left toes back. Drop heel to the floor.

Touch right toes back. Drop heel to the floor. Touch left toes back. Unwind ½ left.

## Section 4:

1-4

5-8

**Modified Jazz Box. X 2 (Kick, Cross, Back, Side)**

Kick right forward. Cross right over left. Step back on left. Step right to right side.

Kick left forward. Cross left over right. Step back on right. Step left to left side.

## Repeat

**Tag: Heel Grind. Back Rock.**

1-2

3-4

Take weight on your right heel and fan toes from left to right. Recover onto left.

Rock back on right. Recover onto left.

**Tag after wall:-**

1

4

10

(Facing 6 O'clock)

(Facing 12 O'clock)

(Facing 12 O'clock)