

# *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:** **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 ½ 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 ½ 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.

## **Repeat**

- 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.

- Tag after wall:-**  
1 (Facing 6 O'clock)  
4 (Facing 12 O'clock)  
10 (Facing 12 O'clock)

