

# You're Only Young Once

**Count:** 32    **Wall:** 2    **Level:** Beginner

**Choreographer:** Micaela Svensson Erlandsson, September 2016

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

---

**\*\* Dedicated to Carina Klaar (Carinas Linedancers) as a huge thank you for sharing this song. \*\***

**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 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.

**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.