

# You're Only Young Once

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**MUSIC:** "You're Only Young Once" Happy Man by Derek Ryan  
**SOURCE:** Itunes or Amazon download  
**RHYTHM:** TWO STEP  
**PHASE (+):** II  
**FOOTWORK:** Opposite unless indicated (*W: Woman's footwork in italics*)  
**SEQUENCE:** INTRO A(1-8) BRIDGE B A BRIDGE B B C A BRIDGE B C(1-6) END

**PHONE:** +81-90-8079-6201  
**TOTAL TIME:** 2:38  
**DIFFICULTY:** Average  
**SPEED:** 94% (MPM 40)

## INTRODUCTION

### 1 – 8 WAIT 2 MEAS.; APART POINT; TOGETHER TOUCH (SCP); CIRCLE AWAY 2 TWO STEPS.; STRUT TOGETHER 4; (CP/W);

- 1 - 2 Bfly pos fc Wall wait 2 meas;;  
3 - 4 {Apt pt} apt L, -, pt R, -; {tog tch} rec R, -, tch L, - to Bfly;  
5 - 6 {circ awy 2 two stps} curves LF twd COH fwd L, cl R, fwd L, - (*W curves RF twd Wall fwd R, cl L, fwd R, -*); cont twd COH fwd R, cl L, fwd R, - (*W cont twd Wall fwd L, cl R, fwd L, -*) to fcg ptr;  
7 - 8 {strut tog 4} fwd L, -, fwd R, -; fwd L, -, fwd R, - to CP fc Wall;

## Part A(1-8)

### 1 – 8 BOX.; BACK HITCH; SCISSORS THRU to SCP LOD; 2 FORWARD TWO STEPS.; TWIRL 2; WALK & FACE (BFLY/W)

- 1 - 4 {box} sd L, cl R, fwd L, -; sd R, cl L, bk R, -; {bk htch} bk L, cl R, fwd L, -; {scis thru to SCP} sd R, cl L, XRif (*W XLif*) to SCP LOD;  
5 - 6 {2 fwd two-stps} fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;  
7 - 8 {twirl 2} ld hnds jnd sd & fwd L to LOD, -, fwd R, - (*W sd & fwd R trng 1/2 RF undr jnd hands, -, sd & bk L trng 1/2 RF, -*) to SCP LOD; {wlk & fc} fwd L, -, fwd R, - to Bfly Wall;

## Bridge

### 1 SIDE DRAW CLOSE;

- 1 {sd draw cl} sd L, draw R to L, cl R, -;

## Part B

### 1 – 8 VINE 3 TOUCH; SIDE TOUCH SIDE TOUCH; SCISSORS THRU to OP; WALK 2; VINE APART 3 TOUCH; VINE TOGETHER 3 TOUCH to BFLY; LIMP; SIDE & THRU;

- 1 - 2 {vin 3 tch} sd L, XRib, sd L, tch R; {sd tch sd tch} sd R, tch L, sd L, tch R;  
3 - 4 {scis thru to OP} sd R, cl L, XRif, - to OP LOD; {wlk 2} fwd L, -, fwd R, -;  
5 - 6 {vin apt 3 tch} sd L, XRib, sd L, tch R; {vin tog 3 tch} sd R, XLib, sd R, tch L to Bfly Wall;  
7 - 8 {limp} sd L, XRib, sd L, XRib; {sd & thru} sd L, -, XRif, - to \*CP Wall; \*(2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> times...Bfly Wall)

## Part A

### 1 – 8 BOX.; BACK HITCH; SCISSORS THRU to SCP LOD; 2 FORWARD TWO STEPS.; TWIRL 2; WALK & FACE (CP/W)

- 1 - 4 {box} sd L, cl R, fwd L, -; sd R, cl L, bk R, -; {bk htch} bk L, cl R, fwd L, -; {scis thru to SCP} sd R, cl L, XRif, - (*W XLif*) to SCP LOD;  
5 - 6 {2 fwd two-stps} fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;  
7 - 8 {twirl 2} ld hnds jnd sd & fwd L to LOD, -, fwd R, - (*W sd & fwd R trng 1/2 RF undr jnd hands, -, sd & bk L trng 1/2 RF, -*) to SCP LOD; {wlk & fc} fwd L, -, fwd R, - to CP Wall;

### 9 – 16 BROKEN BOX.; CIRCLE AWAY 2 TWO STEPS.; STRUT TOGETHER 4; (Bfly/W);

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- 9 -12 {brkn box} sd L, cl R, fwd L, -; rk fwd R, -, rec L, -; sd R, cl L, bk R, -; rk bk L, -, rec R, -;  
13-14 {circ awy 2 two stps} curves LF twd COH fwd L, cl R, fwd L, - (*W curves RF twd Wall fwd R, cl L, fwd R, -*);  
15-16 cont twd COH fwd R, cl L, fwd R, - (*W cont twd Wall fwd L, cl R, fwd L, -*) to fcg ptr;  
{strut tog 4} fwd L, -, fwd R, -; fwd L, -, fwd R, - to Bfly Wall;

**REPEAT Bridge**

**REPEAT Part B**

**REPEAT Part B**

**Part C**

**1 – 8 FACE TO FACE; BACK TO BACK; BASKETBALL TURN; (BFLY WALL); LACE ACROSS; FORWARD TWO STEP; HITCH 4; WALK & FACE (Bfly/COH);**

- 1 - 4 {fc to fc; bk to bk} sd L, cl R, sd L trng 1/2 LF to a Back to Back Pos, -; sd R, cl L, sd R trng 1/2 RF to Bfly pos, -; {bball trn} sd L & ck trng 1/4 RF, -, rec on R cont RF trn to end fcg RLOD, - (*W sd R & ck trng 1/4 LF, -, rec on L cont LF trn, -*); fwd L & ck trng 1/4 RF, -, rec on R cont RF trn, - (*W sd R & ck trng 1/4 LF, -, rec on L cont LF trn, -*) to Bfly Wall;

- 5 - 6 {lc acrs} passing bhd W w/lld hnd jnd mvg diag acrs LOD fwd L, cl R, fwd L, - (*W passing in frt of M undr jnd ld hnds & mvg diag acrs LOD fwd R, cl L, fwd R, -*) to LOP LOD; {fwd two stp} fwd R, cl L, fwd R, -;

- 7 - 8 {htch 4} fwd L, cl R, bk L, cl R; {wlk & fc} fwd L, - fwd R trng to BFLY COH, -;

**9 –16 SIDE TWO STEP L & R;; OPEN VINE 4; (Bfly); LACE ACROSS; FORWARD TWO STEP; HITCH 4; WALK & FACE (CP/W);**

- 9 -10 {sd two stp L & R} sd L, cl R, sd L, -; sd R, cl L, sd R, -;

- 11-12 {op vin 4} sd L, -, XRib (*W XLib*) to LOP RLOD, -; trng to fc sd L, -, XRif (*W XLif*) to Bfly Wall, -;

- 13-14 {lc acrs} passing bhd W w/lld hnd jnd mvg diag acrs RLOD fwd L, cl R, fwd L, - (*W passing in frt of M undr jnd ld hnds & mvg diag acrs RLOD fwd R, cl L, fwd R, -*) to LOP RLOD; {fwd two stp} fwd R, cl L, fwd R, -;

- 15-16 {htch 4} fwd L, cl R, bk L, cl R; {wlk & fc} fwd L, - fwd R trng to CP Wall, -;

**REPEAT Part A**

**REPEAT Bridge**

**REPEAT Part B**

**REPEAT Part C(1-6)**

**ENDING**

**1 – 4 LACE BACK; FORWARD TWO STEP to Bfly/W; OPEN VINE 3 & POINT THRU;;**

- 1 - 2 {lc bk} passing bhd W w/trail hnd jnd mvg diag acrs LOD fwd L, cl R, fwd L, - (*W passing in frt of M undr jnd trail hnds & mvg diag acrs LOD fwd R, cl L, fwd R, -*) to OP LOD; {fwd two stp} fwd R, cl L, fwd R, - to Bfly Wall;

- 3 - 4 {op vin 3 & pt thru} sd L, -, XRib (*W XLib*) to LOP RLOD, -; trng to fc sd L, -, pt thru R (*W pt thru L*) to OP LOD, -;



MUSIC PREVIEW: [Derek Ryan - You're Only Young Once \( Official Video \) - YouTube](#)

YOU'RE ONLY L YOUNG ONCE

YOU'RE ONLY YOUNG ONCE (HEAD CUES)

Intro : In Bfly pos fc W wait 2 meas ; ; apt pt ; tog tch to Bfly ;  
circ awy 2 two-stps ; ; strut tog 4 ; to CP W ;

A(1-8) : box ; ; bk htch 3 ; scis thru to SCP ;  
2 fwd two stps ; ; twrl 2 ; wlk & fc to Bfly ;

Bridge : sd draw cl ;

B : vin 3 tch ; sd tch sd tch ; scis thru to OP ; wlk 2 ;  
vin apt & tog tch ; to Bfly ; limp ; sd & thru to Closed W ;

A : box ; ; bk htch 3 ; scis thru to SCP ;  
2 fwd two stps ; ; twrl 2 ; wlk & fc to CP ;  
brkn box ; ; ;  
circ awy 2 two-stps ; ; strut tog 4 ; to Bfly W ;

Bridge : sd draw cl ;

B : vin 3 tch ; sd tch sd tch ; scis thru to OP ; wlk 2 ;  
vin apt & tog tch ; to Bfly ; limp ; sd & thru to Bfly W ;

B : vin 3 tch ; sd tch sd tch ; scis thru to OP ; wlk 2 ;  
vin apt & tog tch ; to Bfly ; limp ; sd & thru to Bfly W ;

C : fc to fc ; bk to bk ; bball trn ; to Bfly ;  
lc acrs ; fwd two stp ; hitch 4 ; wlk & fc to Bfly COH ;  
sd two stp L & R ; ; op vin 4 ; to Bfly ;  
lc acrs ; fwd two stp ; hitch 4 ; wlk & fc to CP ;

A : box ; ; bk htch 3 ; scis thru to SCP ;  
2 fwd two stps ; ; twrl 2 ; wlk & fc to CP ;  
brkn box ; ; ;  
circ awy 2 two-stps ; ; strut tog 4 ; to Bfly W ;

Bridge : sd draw cl ;

B : vin 3 tch ; sd tch sd tch ; scis thru to OP ; wlk 2 ;  
vin apt & tog tch ; to Bfly ; limp ; sd & thru to Bfly W ;

C(1-6) : fc to fc ; bk to bk ; bball trn ; to Bfly ;  
lc acrs ; fwd two stp ;

End: lc bk ; fwd two stp to Bfly W ; op vin 3 & pt thru ; ;