

# Half Life

拍数: 32      墙数: 4      级数: Intermediate NC2S  
编舞者: Adam Åstmar (SWE) & Gregory Danvoie (BEL) - April 2024  
音乐: Half-Life - X Ambassadors



**Intro: 16 counts from first clear piano note, approx. 16 seconds.**

**Note: Tag occurs after wall 2 facing 6'00.**

**Sect – 1: Side with Sweep. Behind, 1/8 Side. Rock Fwd. Back. ¼ R Prep & Look. ¼ L Recover. Spiral Full Turn. ¼ L Run L, R**

- 1 – 2 &      Step to R on RF sweep L from side to back (1). Step LF behind RF (2). Turn 1/8 R step to R on RF (&). [1:30]  
3 – 4 &      Rock forward on LF (3). Recover on RF (4). Step back on LF (&).  
5 – 6      Turn ¼ R step to R on RF and look over R shoulder (5) Turn ¼ L recover on LF (6). [1:30]  
7 – 8 &      Full spiral turn over L shoulder on RF (7). Turn 1/8 L step forward on LF (8). [12:00] Turn 1/8 L step forward on RF (&). [10:30]

**Sect – 2: 1/8 L, Serpiente. ¼ R. (See note With Arms!) Walk Fwd L, R. Rock Fwd. Back.**

- 1 – 2 &      Turn 1/8 L step forward on LF sweep RF from back to front (1). Cross RF over LF (2). [9:00] Step to L on LF (&).  
3 – 4 &      Step RF behind LF sweep LF from front to back (3). Step LF behind RF (4). Turn ¼ R step forward on RF (&). [12:00]  
5 – 6      Walk forward LF (5), RF (6).  
7 – 8 &      Rock forward on LF (7). Recover on RF (8). Step back on LF (&).

**Note! During the chorus (Always the side walls: 2, 4 & 6) the singer sings "I love you" and we add the following arms to count 5-8:**

- 5 – 6      Place R hand on heart (5). Cross both arms over chest making both hands into fists (6).  
& 7 – 8      Move hands to shoulders (&) Throw hands forward, like giving something to someone (7). Pull both hands back (8).

**Sect – 3: ½ R with Hitch. Cross Rock. Recover with Sweep. Behind, 1/8 Side. Rock Fwd. Back. Point Back. ½ Turn R.**

- 1 – 2      Turn ½ R step forward on RF hitch L knee (1). Cross rock LF over RF (2). [6:00]  
3 – 4 &      Recover on RF sweep LF from front to back (3). Step LF behind RF (4). Turn 1/8 R step to R on RF (&). [7:30]  
5 – 6 &      Rock forward on LF (5). Recover on RF (6). Step back on LF (&).  
7 – 8      Point RF back (7). Turn ½ R step down on RF (8). [1:30]

**Sect – 4: ½ Turn R with 1/8 Sweep. Behind-Side. Cross Rock. Side. Cross Rock. Nightclub Basic L.**

- 1 – 2 &      Turn ½ R step back on LF sweep RF from front to back turning 1/8 R (1). [9:00] Step RF behind LF (2). Step to L on LF (&).  
3 – 4 &      Cross rock RF over LF (3). Recover on LF (4). Step to R on RF (&).  
5 – 6      Cross rock LF over RF (5). Recover on RF (6).  
7 – 8 &      Take a big step to L on LF drag RF towards LF (7). Close RF next to LF (8). Slightly cross LF over RF (&).

**Tag: Side, Drag & Lift Arms. Hold. Together. Bend Knees & Pull Arms Down.**

- 1 – 2      Step to R on RF drag LF towards RF and lift both hands up in the air (1). Hold (2).  
3 – 4      Close LF next to RF start bending knees and pull down hands slowly (3). Finish pulling down hands and bending knees (4).

**Note! - To start again, straighten knees just before stepping to R on RF on count 1. -**

**Ending: Dance up until count 5 in Section 1 (Where you prep-turn and look).**

**Stay in this position and slowly lift R hand towards the diagonal. This is very slow, so don't stress it! :)**

Have fun!

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