



Half Life

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Information:	32 Counts, 4 wall, Intermediate NC2S	
Choreographers:	Adam Åstmar (SE), Grégory Danvoie (BE).	
Music:	"Half-Life" by X Ambassadors (3:13) ~ 79 bpm.	
Intro:	16 counts from first clear piano note, approx. 16 seconds.	
Information:	Tag occurs after wall 2 facing 6'00.	
Section	Steps & Explanations	End Facing
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 (&).	1'30
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). Turn 1/8 L step forward on RF (&).	10'30
Sect – 2	1/8 L, Serpente. 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). Step to L on LF (&).	9'00
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).	12'00
7 – 8 &	Rock forward on LF (7). Recover on RF (8). Step back on LF (&).	12'00
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 (&).	7'30
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). Step RF behind LF (2). Step to L on LF (&).	9'00
3 – 4 &	Cross rock RF over LF (3). Recover on LF (4). Step to R on RF (&).	9'00
5 – 6	Cross rock LF over RF (5). Recover on RF (6).	9'00
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 (&).	9'00
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).	6'00
3 – 4	Close LF next to RF start bending knees and pull down hands slowly (3). Finish pulling down hands and bending knees (4).	6'00
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! :)	1'30

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

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