

Life After Love

32 Count, 2 Wall, Intermediate Choreographer: Jonno Liberman (USA) Jan 2020 Choreographed to: Believe by Adam Lambert (3:30)

There is no intro, the dance begins as soon as the music begins.

Section 1	Back Sweep, Behind Side Cross Rock, Recover, 1/4, Spiral, 1/4 Walk, Walk, 1/8 Sweep, Sweep (4:30)
1, 2&	Step R back as you sweep L back, Cross L behind R, Step R to right
3, 4&	Face body to 1:30 as you cross L over R and raise both hands with palms facing up,
ο, τα	Recover back onto R, Turn 1/4 left as you step L forward (9:00)
5, 6&	Step R forward as you spiral a full rotation left and cross both arms over your chest,
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7.0	Step L 1/8 to 7:30, Step R 1/8 to 6:00
7, 8	Step L 1/8 to 4:30 as you sweep R forward, Step R forward as you sweep L forward
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Section 2	Step, Lunge, Prep, Step, 1/2, 1/2 to 1/4 Sweep, Cross, 1/4, 1/2 Drag, Walk, Walk (10:30)
1, 2	Step L forward to 4:30 with weight on both feet as you open body to 6:00 and
	bring L arm up to R shoulder, Lunge forward onto L and open body to 4:30 as L arm relaxes and
	R arm reaches forward
3, 4&	Shift weight back onto R as your body opens to 6:00 and you make your hands into fists (palm up) and
	bring them in to side of body, Step L to 4:30, Turn 1/2 left as you step R back (10:30)
5, 6&	Turn 1/2 as you step L forward (4:30) and continue for another 1/4 as you sweep R forward (1:30),
	Cross R over L, Turn 1/4 right as you step L back (4:30)
7, 8&	Turn 1/2 right as you step R forward while slightly rising up and dragging L toward R
,	(push both hands downward as you raise up) (10:30), Step L forward, Step R forward
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Section 3	1/4 Kick-Hook, Cross, 1/4, Back Rock, 1/4 Recover, 1/4, 1/4 Sway, Sway, Turn Body 1/4,
	Walk, Walk (6:00)
1, 2&	Turn 1/8 left (9:00) as you kick R to 10:30 then hook R across L, Cross R over L,
1, 20	Turn 1/4 right as you step L back (12:00)
3, 4&	Rock R back, Turn 1/4 left as you recover onto L (9:00), Turn 1/4 left as you step R back (6:00)
5, 6	Turn 1/4 left as you step L to left and sway left (3:00), Sway right
	Shift weight to L as you turn your body and point R toe to 6:00, Step R forward (6:00), Step L forward
7, 8&	Shift weight to Las you turn your body and point K toe to 0.00, Step K forward (0.00), Step L forward
Section 4	Turn body 3/8, Walk, Walk, Open Spiral, Walk, Walk, Step Hitch, Back, Back (6:00)
1, 2&	Step R forward as you turn your body and point L toe to 1:30, Step L forward (1:30), Step R forward
	Step L forward as you turn your body and point L toe to 1.30, Step L forward (1.30), Step L forward (6:00), Step L forward
3, 4&	
5, 6&	Step R forward and make a full left rotation finishing with L toe pointed forward,
7.00	Step L forward, Step R forward
7, 8&	Rock L forward as you hitch R and extend both hands forward with palms facing front,
	Step R back, Step L back
TAG:	The tag will occur at the end of the 6th repetition, facing 12:00.
[1-6]	Steps Back, Back, 1/2 into Full Turn Sweep, Step, Hold & Raise Hand (6:00)
1, 2&	Step R back, Step L back, Step R back
3, 4	Turn 1/2 left as you step L forward and begin to sweep R around (6:00) and
	continue sweeping right around as you spin an additional full rotation back to 6:00,
	Step onto R with weight on both feet (6:00)
5-6	Raise right hand with palm facing up, Bring right hand down as you begin dance again facing
	6:00
Ending:	After the tag, the music will begin to slow. You'll dance, slowing down with the music,
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, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 *charged at 10p per minute

to count 10, then slowly bring your hand down.

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