list_2_decomp[4,23]

$\forall T$:Type, z:T List. $\|z\| = 2 \in \mathbb{N} \Rightarrow z = [z[0]; z[1]]$

http://www.nuprl.org/FDLcontent/p0_802137_/p89_117775_{list_2_decomp}.html