

Feeling Mighty Real

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Lucy Cooper (UK) - October 2023
音乐: You Make Me Feel (Mighty Real) - Adam Lambert & Sigala



Intro: 32 Counts (approx. 15 seconds)

Jazz Box Cross, Side, Hold, Ball, Side Rock, Flick

1 2 Cross R over L, step L back to L diagonal
3 4 Step R to R side, cross L over R
5 6& Step R to R side, hold, ball step L beside R
7 8 Rock R to R side, recover onto L flicking R

Cross, Hold, Side, Behind, ¼ L, ¼ L Side, Touch, ¼ L Forward, Touch

1 2& Cross R over L, hold, step L to L side
3 4 Cross R behind L, step L forward turning ¼ L (9.00)
5 6 Step R to R side turning ¼ L, touch L beside R (6.00)
7 8 Step L forward turning ¼ L, touch R beside L (3.00)

Rock Forward, Recover, Shuffle Forward, Rock Forward, Recover, Shuffle Forward

1 2 Rock R forward pushing hips forward, recover onto L
3&4 Step R forward, step L beside R, step R forward
5 6 Rock L forward pushing hips forward, recover onto R
7&8 Step L forward, step R beside L, step L forward

Cross rock, Recover, Chasse ¼ R, Step, ½ Pivot R, Step Forward, Kick Ball Step

1 2 Cross rock R over L, recover onto L
3&4 Step R to R side, step L beside R, step R forward turning ¼ R (6.00)
5 6 7 Step L forward, pivot turn ½ right (weight ending on R), step L forward (12:00)
8&1 Kick R forward, ball step R beside L, step L forward

Forward Rock, Recover, Shuffle Back, Back Rock, Recover, ¼ R Hitching L

2 3 Rock R forward, Recover onto L
4&5 Step R back, step L beside R, step R back
6 7 8 Rock back onto L, recover onto R, hitch L turning ¼ R (looking over L shoulder) (3.00)

Side touch, Hip bump R L, ¼ R, ½ R, Back Rock, Recover

1 2 Step L to L side, touch R beside L
3 4 Bump hips R, bump hips L
5 6 Step R forward turning ¼ R, step L back turning ½ R
7 8 Rock R back, recover onto L

¼ Pivot L with hips, ¼ Pivot L with hips, Forward Point, Forward Point

1 2 Step R forward rolling hips to R, turn ¼ L recovering weight and hips to L (9:00)
3 4 Step R forward rolling hips to R, turn ¼ L recovering weight and hips to L (6:00)

* RESTART HERE ON WALL 5 (6:00) *

5 6 Step R forward, point L to L side
7 8 Step L forward, point R to R side

Forward Rock, Recover, Back, Touch & Sit, Back, Touch & Sit, Forward, Step w. Sweep

1 2 Rock R forward, recover onto L
3 4 Step R back with optional body roll, touch L forward sitting back onto R
5 6 Step L back with optional body roll, touch R forward sitting back onto L

7 8

Step R forward, step L slightly forward sweeping R forward

RESTART: Wall 5 after 52 counts (Section 7 after pivot turns) 6:00
