

Make Me Feel (Mighty Real) (Int)

COPPERKNOB
BY STEPHENETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Val O'Connor (UK) - June 2023
音樂: You Make Me Feel (Mighty Real) - Adam Lambert & Sigala



Tag and Restart: Wall 5

Intro: 32 Counts from Heavy Beat

R SIDE ROCK, R ROCK BACK, R SIDE ROCK ¼ L, STEP FWD R, HITCH L

1-2-3-4 Rock R to R side, recover on L, Rock back on R, recover Fwd on L
5-6-7-8 R side rock, recover on L turning ¼ L, step Fwd on R, hitch L (9)

BACK L TOUCH R, BUMP FWD AND BACK RL, BOX TURN ½ R

1-2-3-4 Step back on L, touch R slightly in front of L step down on R as you bump Fwd, bump back on L
5-6-7-8 Step R to R side, turn ¼ R step L to L side, turn ¼ R step R to R side, step L to L side (½ R Box turn) (3)

CROSS R OVER L, HOLD, AND DIG R HEEL, HOLD, AND CROSS L, ¼ L, ¼ L, CROSS R

1-2&3-4 Cross R over L, Hold, (&) step back on L, dig R Fwd, Hold
&5-6-7-8 (&) Step down on R, cross L over R, ¼ L step back on R, ¼ L step L to L side, cross R over L (9)

SIDE L HOLD, AND SIDE L TOUCH R, ¾ R, R ROCK BACK

1-2&3-4 Step L to L side, Hold, (&) step R next to L, step L to L side, touch R next to L
5-6-7-8 ¼ R step Fwd on R, ½ R step back on L, R rock back, recover Fwd on L (6)

R KICK BALL CROSS X 2, R SIDE ROCK, R CROSS SHUFFLE

1&2-3&4 Kick R to R diagonal, (&) step down on R, cross L over R, Kick R to R diagonal, (&) step down on R, cross L over R
5-6-7-8 R side rock, recover on L, cross R over L, (&) step L to L side, cross R over L

L KICK BALL CROSS X 2, L SIDE ROCK, L SAILOR ¼ L

1&2-3&4 Kick L to L diagonal, (&) step down on L, cross R over L, Kick L to L diagonal, (&) step down on L, cross R over L
5-6-7&8 L side rock, recover on R, cross L behind R, (&) turn ¼ L step R to R side, step L to L side (3) (Tag & Restart Wall 5)

CROSS R POINT L, CROSS L POINT R, TOUCH R FWD, TWIST BOTH HEELS, KICK R FWD

1-2-3-4 Cross R over L, point L to L side, cross L over R, point R (Slightly travelling Fwd)
5-6-7-8 Touch R toe Fwd, twist both heels R, twist both heels to centre (keep weight on L), kick R Fwd

STEP BACK R, TOUCH L, STEP FWD L, TOUCH R, WALK ROUND ¾ L RLRL

1-2-3-4 Step back on R, touch L in front of R, step Fwd on L touch R next to L (Clap when doing toe touches)
5-6-7-8 Turning ¾ L walk round RLRL (6)

RESTART AND TAG WALL DURING WALL 5

Dance first 48 counts (facing 3 o clock) and add 4 Counts Tag, Cross R over L and turning ¾ L do 3 Heel Bounces, you will end facing back Wall and then restart from the Beginning

ENDING Wall 7 Dance first 32 counts, You will be facing the back wall, step Fwd R, ½ L to face the Front

