

# Feeling Mighty Real

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Lucy Cooper (UK) - October 2023  
音樂: 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**

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