



MAN IN THE MIRROR

Choreographed by: Rachael McEnaney (United Kingdom) , Simon Ward (Australia)

Music: **Man In The Mirror** by **James Morrison**, BPM: 94

Descriptions: 64 count, 2 wall, Advanced level line dance

Count In: 32 counts from start of track, dance begins on vocals.

Notes: There is 1 Restart on the 6th Wall: dance first 40 counts of the dance, you will face 12.00 to restart

1-9 Walk R-L, ½ Turn R Sailor Step, L Ball R Cross With 1/8 Turn R, 3/8 Turn L With R Sweep, Cross R, L Coaster

1-2 Step forward right (1), step forward left (2) **12.00**

3&4 Cross right behind (3), make ¼ turn right stepping left next to right (&), make ¼ turn right stepping forward right (4) **6.00**

&5 Step forward on ball of left making 1/8 turn right (&), cross right over left (5) **7.30**

6-7 Make 1/8 turn left stepping forward left as you sweep right foot round making another ¼ turn left (6), cross right over left (7) **3.00**

8&1 Step back left (8), make 1/8 turn right stepping right next to left (&), step forward left (1) **4.30**

10-17 Walk R, L Mambo Forward, ¼ Turn R, Point L To L, ¼ Turn L, Make ½ Turn L Stepping Back R Sweeping L, L Behind Side Cross

2,3&4 Step forward right (2), rock forward left (3), recover weight to right (&), step back left (4) **4.30**

&5-6 Make ¼ turn right as you step right to right side (&), point left to left side (5), make ¼ turn left stepping forward left (6) **4.30**

7-8 Make ½ turn left stepping back right as you sweep left leg round (7), cross left behind right (8) **10.30**

&1 Step right to right side (&), step forward left (slightly across right) (1) **10.30**

Note:

7,8&1: Try not to worry too much about the exact amount of turn (it has been broken down for styling) angle everything to diagonal

18-24 Walk R, L Cross&L Heel, L Ball, R Jazz Box ¼ Turn R

2,3&4 Step forward right (still facing diagonal **10.30**) (2), cross left over right (3), make 1/8 turn left stepping right to right side (&), touch left heel to left diagonal (4) **9.00**

&5-8 Step in place on ball of left (&), cross right over left (5), step back left (6), make ¼ turn right stepping forward right (7), step forward left (8) **12.00**

25-32 Step R, ½ Chase Turn L, Step L, ¼ Chase Turn R, Step R, ½ Chase Turn L, Full Turn R Travelling Forward

1&2,3&4 Step forward right (1), pivot ½ turn left, (&), step forward right (2), step forward left (3), pivot ¼ turn right (&), step forward left (4) **9.00**

5&6 Step forward right (5), pivot ½ turn left (&), step forward right (6) **3.00**



7&8 Make ½ turn right stepping back left (7), make ½ turn right stepping forward right (&), step forward left (8) **3.00**

33-40 ½ Pivot R, ¼ Turn L Sweeping R, R Cross, Out-Out LR, L Touch, L Side, Heel Swivels R-L-R

1-2 Pivot ½ turn right (weight ends right) (1), make ¼ turn left stepping forward on left as you sweep right foot round (2) **6.00**

3&4 Cross right over left (3), step slightly back left (&), step right to right side (4) (feet end shoulder width apart) **6.00**

&5&6 Touch left next to right (&), step left to left side (5), swivel right heel in (&), return right heel (weight R) (6) **6.00**

&7&8 Swivel left heel in (&), return left heel (weight L) (7), swivel right heel in (&), return right heel (weight R) (8) **6.00**

Restart:

on the 6th Wall - you will be facing front to restart – you need to step left next to right on '&' count to begin again. 12.00

41-48 L Ball, Walk R, L Mambo, ½ Turn R, Step L, ½ Chase Turn R, R Rocking Chair

&1,2&3 Step ball of left next to right (&), step forward right (1), rock forward left (2), recover weight right (&), step back left (3) **6.00**

4,5&6 Make ½ turn right stepping forward right (4), step forward left (5), pivot ½ turn right (&), step forward left (6) **6.00**

7&8& Rock forward right (7), recover weight left (&), rock back right (8), recover weight left (&) **6.00**

Start Again - Have Fun

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1st March 2014