

# Man In The Mirror (a.k.a. Reflecting on a Legend)



**Count:** 32    **Wall:** 4    **Level:** Intermediate

**Choreographer:** Claire Pulpher [UK, July 2009]

**Music:** Man in the Mirror by Michael Jackson



**\*2009 World Masters Choreography Competition Winner\***  
**(Intermediate Section & Overall Winner)**

**32 count intro from opening vocals, begin when beat kicks in on vocals**

## **HALF TURN SWEEP, WALK BACK ON DIAGONAL, BACK SHUFFLE, ROCK, RIGHT SHUFFLE**

- 1:                    Make just over a half turn left, sweeping left around and behind (4:30)
- 2-3:                Walk back left, right (4:30)
- 4&5:                Step left back, step right in place, step left back (4:30)
- 6-7:                Rock back right, recover onto left (4:30)
- 8&1:                Step right forwards, step left in place, step right forwards (4:30)

## **STEP, HALF TURN HOOK, PADDLE SHUFFLE, SWAY, CROSS ROCK SIDE**

- 2-3:                Step forwards left, make  $\frac{1}{2}$  spiral right hooking right across left (10:30)
- 4&5:                Make triple step on right foot just over a  $\frac{1}{4}$  turn right (3:00)
- 6-7:                Sway left, right (3:00)
- 8&1:                Rock left over right, recover, step left out to left side (3:00)

## **POINT FRONT, SIDE, BEHIND-SIDE-CROSS, CROSS, HALF TURN LEFT**

- 2-3:                Point right toes across left, touch right toes to right side (3:00)
- 4&5:                Step right behind left, step left to side, cross right over left (3:00)
- 6-7:                Cross left over right, step right back making  $\frac{1}{4}$  turn left (12:00)
- 8:                    Step left to left side making  $\frac{1}{4}$  turn left (9:00)

## **CROSS ROCKS X 2, SYNCOPATED CROSS ROCKS, CROSS SHUFFLE**

- 1&2:                Rock right across left, recover, step right to side (9:00)
- 3&4:                Rock left across right, recover, step left to side (9:00)
- 5&6&:                Rock right over left, recover, rock right to side, recover (9:00)
- 7&8:                Cross right over left, step left in place, cross right over left (9:00)

## **TAG:**

**After dancing the paddle shuffle in the second section, the tag-restart occurs (on the 4th Wall):**

- 6-7:                Sway to side left, right
- &8:                Step left in place, cross right over left ready to start again with a sweep.

**Alternative music: Green Light by Jamie Lidell**