



Approved by:

CPulpher

Man In The Mirror

(aka Reflecting On A Legend)

4 WALL - 32 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 Note 1 2 - 3 4 & 5 6 - 7 8 & 1	1/2 Turn Sweep, Walk Back x 2, Back Shuffle, Back Rock, Forward Shuffle Start with right foot crossed in front of left. Spin just over 1/2 turn left on right, sweeping left around and behind. (4:30) Walk back left. Walk back right. Step left back. Close right beside left. Step left back. Rock back on right. Recover onto left. Step right forward. Close left beside right. Step right forward.	Turn Left Right Back Shuffle Back Rock Right Shuffle	Turning left Back On the spot Forward
Section 2 2 - 3 4 & 5 Tag/Restart 6 - 7 8 & 1	Step, 1/2 Turn Hook, Triple 1/4 Turn, Sway x 2, Cross Rock Side Step left forward. Make 1/2 spiral turn right hooking right across left. (10:30) Triple step just over 1/4 turn right, stepping - right, left, right. (3:00) Wall 4: Dance Tag then restart dance again at this point. Sway left. Sway right. Cross rock left over right. Recover onto right. Step left to left side. (3:00)	Step Turn Triple Quarter Sway Sway Cross Rock Side	Turning right On the spot
Section 3 2 - 3 4 & 5 6 - 7 8	Point, Touch, Behind Side Cross, Cross, 1/2 Turn Point right toes across left. Touch right toes to right side. Cross right behind left Step left to left side. Cross right over left. Cross left over right. Step right back making 1/4 turn left. (12:00) Step left to left side making 1/4 turn left. (9:00)	Point Touch Behind Side Cross Cross Turn Turn	On the spot Left Turning left
Section 4 1 & 2 3 & 4 5 & 6 & 7 & 8	Cross Rock Side x 2, Syncopated Rocks, Cross Shuffle Cross rock right over left. Recover onto left. Step right to right side. (9:00) Cross rock left over right. Recover onto right. Step left to left side. Cross rock right over left. Recover onto left. Rock right to right side. Recover onto left. Cross right over left. Step left to left side. Cross right over left. (9:00)	Cross Rock Side Cross Rock Side Cross Rock Side Rock Cross Shuffle	On the spot Left
TAG (6 - 7) (& 8)	Wall 4: Section 2 after triple 1/4 turn, dance Tag then restart from beginning Sway left. Sway right. Step left in place. Cross right over left (ready to start again with sweep turn).	Sway Sway & Cross	On the spot

Choreographed by: Claire Pulpher (UK) July 2009

Choreographed to: 'Man In The Mirror' by Michael Jackson from CD Ultimate Collection or other compilation albums; (32 count intro from opening vocals, start when beat kicks in on vocals)

Music Suggestion: 'Green Light' by Jamie Lidell from CD Jim

Tag/Restart: There is a short Tag followed by a Restart during Wall 4 (Only danced when using Man In The Mirror)



A video clip of this dance is available at www.linedancermagazine.com