

Man In The Mirror

Choreographed by **Rachael McEnaney & Simon Ward (February 2014)**
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Description:	48 count, 2 wall, Advanced level line dance with west coast swing feel.
Music:	"Man In The Mirror" (acoustic) – James Morrison (available as single on itunes – track length approx 4.04)
Count In:	32 counts from start of track, dance begins on vocals. *Approx 94bpm*
Notes:	There is 1 restart on the 6th wall: *dance first 40 counts of the dance, you will face 12.00 to restart*

Section	Footwork	End Facing
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	*Counts 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 6 7 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	***Restart here 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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