

Man In The Mirror

48 Count, 2 Wall, Advanced, WCS feel

Choreographer: Rachael McEnaney & Simon Ward
(UK & Aus) Feb 2014

Choreographed to: Man In The Mirror by James Morrison,
Album: Songs For You Truths For Me (94 bpm)

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

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 Step in place on ball of left (&), cross right over left (5), step back left (6),
7 8 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 Step forward right (1), pivot ½ turn left, (&), step forward right (2),
3 7 \$ 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 here on the 6th wall – you will be facing front to restart
– 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 Step ball of left next to right (&), step forward right (1), rock forward left (2),
& 3 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

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