

# Man In The Mirror (aka Reflecting on a Legend)

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Claire Pulpher (UK) - July 2009  
音乐: Man In the Mirror - 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**