

Man In The Mirror

COPPER KNOB
BY STEPHEN BATES

拍數: 48 牆數: 2 級數: Advanced - WCS feel
編舞者: Rachael McEnaney (USA) & Simon Ward (AUS) - February 2014
音樂: Man in the Mirror - James Morrison : (Album: Songs For You Truths For Me)



Count In: 32 counts from start of track, dance begins on vocals. Approx 94 bpm

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

[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

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in it's original format and include all contact details on this script.

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