

Man In The Mirror

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate - WCS Style

Choreographer: Petra Ott (DE) - July 2025

Music: Man In the Mirror - Michael Jackson



Restart on wall 5

Intro: 16 counts

Section 1: step, step, anchor step, full turn L with sweep, behind-side-cross

1,2,3&4 RF step fwd, LF step fwd, RF lock behind LF(3), LF recover(&), RF recover(4)
5,6 ½ L and LF step fwd, ½ L and RF step bw and LF sweep front to back
7&8 LF cross behind RF, RF step R, LF cross in front of RF

Section 2: touch fwd and bw, ½ R, rock fwd, step back, ¼R shuffle R

1,2,3,4 R toe touch fwd, R toe touch bw, ½ R and step on RF, LF step fwd 6:00
5,6,7&8 RF recover, LF step bw, ¼ R and RF step R(7), LF close(&), RF step R(8) 9:00

Restart here on wall 5. Close your feet and change the weight to LF and start again.

Section 3: rock bw, triple ½ R, step bw (moonwalk) x4

1,2,3&4 LF step bw, RF recover, ¼ R and LF step L, RF close, ¼ R and LF step bw 3:00
5,6,7,8 RF step bw, LF step bw, RF step bw, LF step bw

Styling: 5-8 are moonwalk steps

Section 4: touch fwd, quickly rock fwd with knee actions, tap, rock R and L with switches

1,2 place R toe fwd (knee bent), hold
& change weight on RF while stretching R knee and bending L knee (knees are kissing each other)
3 recover on LF (stretch L knee and bend R knee)
4 RF touch beside
5,6&7,8& RF step R, LF recover, RF close(&), LF step L, RF recover, LF close(&)

Styling options for 1-4 are inspired by Michael's move in the smooth criminal video:

1,2 R fingers grab a (imaginary) hat
&3 while you do the rock step (which looks like a scissor cutting paper) you nod down and up again while your fingers are still on the hat
4 R arm points R, head looks R side and slightly down in direction of the pointed finger, L palm touches backside of the head

end