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

Compte: 32
Mur: 4
Niveau: Intermediate

Chorégraphe: Claire Pulpher (UK) - July 2009<br>Musique: 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: $\quad$ Make just over a half turn left, sweeping left around and behind (4:30)
2-3: $\quad$ Walk back left, right (4:30)
4\&5: $\quad$ Step left back, step right in place, step left back (4:30)
6-7: $\quad$ Rock back right, recover onto left (4:30)
8\&1: $\quad$ Step right forwards, step left in place, step right forwards (4:30)
STEP, HALF TURN HOOK, PADDLE SHUFFLE, SWAY, CROSS ROCK SIDE
2-3: $\quad$ Step forwards left, make $1 / 2$ spiral right hooking right across left (10:30)
4\&5: $\quad$ Make triple step on right foot just over a $1 / 4$ turn right (3:00)
6-7: $\quad$ Sway left, right (3:00)
8\&1: $\quad$ 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: $\quad$ Point right toes across left, touch right toes to right side (3:00)
4\&5: $\quad$ Step right behind left, step left to side, cross right over left (3:00)
6-7: $\quad$ Cross left over right, step right back making $1 / 4$ turn left (12:00)
8: $\quad$ Step left to left side making $1 / 4$ turn left (9:00)
CROSS ROCKS X 2, SYNCOPATED CROSS ROCKS, CROSS SHUFFLE
1\&2: $\quad$ Rock right across left, recover, step right to side (9:00)
3\&4: $\quad$ Rock left across right, recover, step left to side (9:00)
5\&6\&: $\quad$ Rock right over left, recover, rock right to side, recover (9:00)
7\&8: $\quad$ 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: $\quad$ Sway to side left, right
\&8: $\quad$ Step left in place, cross right over left ready to start again with a sweep.
Alternative music: Green Light by Jamie Lidell

