

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