

CountryFun

CATHY MERIOT - OLIVIER AMEL / LINEDANCE TEACHERS
www.countryfun.fr

MAN IN THE MIRROR

Choreographe : Rachael McEnaney & Simon Ward (February 2014)

Description: 48 count, 2 wall, Advanced level line dance with west coast swing feel.

Music: "Man In The Mirror" (acoustic) –James Morrison

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

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

1 -9 Walk R-L, ½turn 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 ¼turn right stepping left next to right (&),
make ¼turn 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 ¼turn
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, ¼turn R, point L to L, ¼turn L, make ½turn 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 ¼turn right as you step right to right side (&), point left to left side (5),
make ¼turn left stepping forward left (6) 4.30
7-8 Make ½turn 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 ¼turn 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 ¼turn right stepping forward right (7), step forward left (8) 12.00

25 -32 Step R, ½chase turn L, step L, ¼chase turn R, step R, ½chase turn L, full turn R travelling forward

- 1&2-3&4 Step forward right (1), pivot ½turn left, (&), step forward right (2), step forward left (3),
pivot ¼turn right (&), step forward left (4) 9.00
5&6 Step forward right (5), pivot ½turn left (&), step forward right (6), 3.00
7&8 Make ½turn right stepping back left (7), make ½turn right stepping forward right (&),
step forward left (8) 3.00

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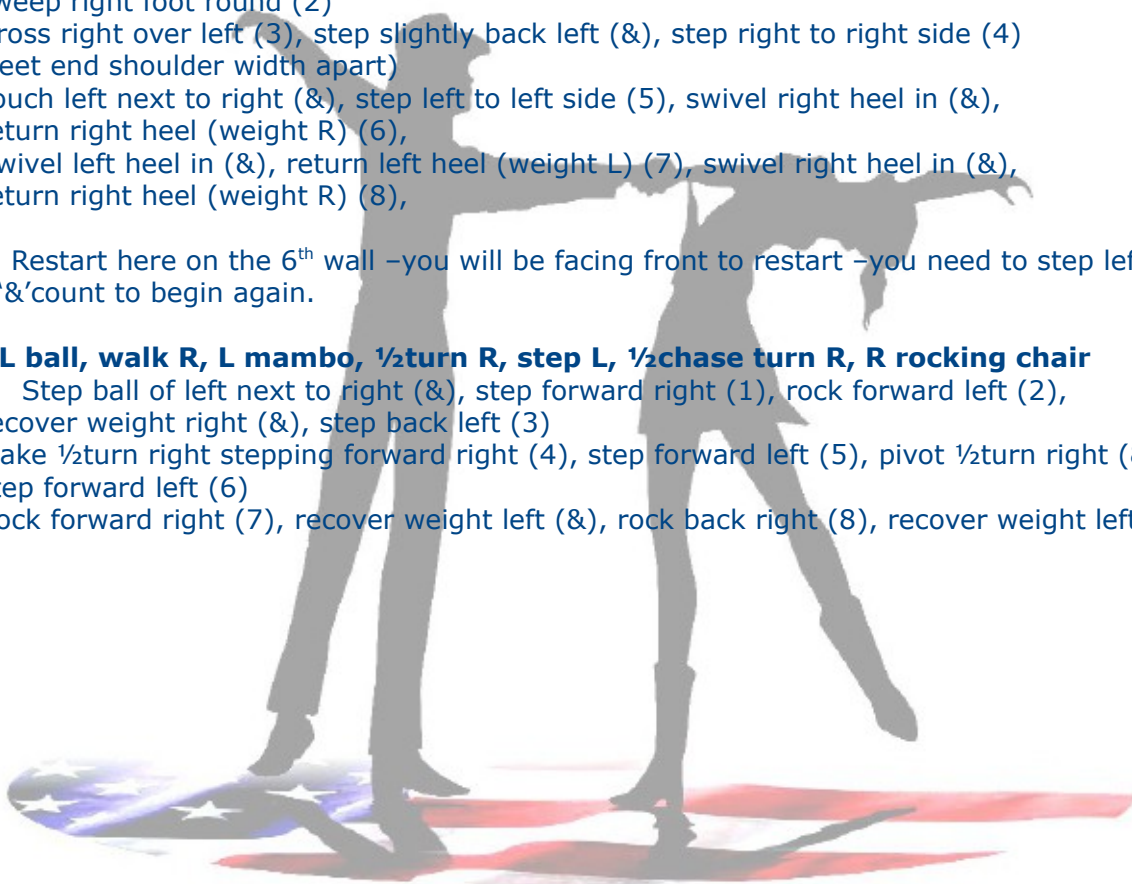
33 -40 ½pivot R, ¼turn L sweeping R, R cross, out-out LR, L touch, L side, heel swivels R-L-R

- 1-2 Pivot ½turn right (weight ends right) (1), make ¼turn 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, ½turn R, step L, ½chase 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 ½turn right stepping forward right (4), step forward left (5), pivot ½turn 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



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