

Man in the Mirror

Count: 48

Wall: 2

Level: Beginner

Choreographer: Nancy Davenport (USA) - August 2026

Music: Man In the Mirror - Michael Jackson



[1-8] TOE STRUTS MOVING FORWARD

- 1-4 Right toe, right heel, left toe, left heel.
- 5-8 Right toe, right heel, left toe, left heel.

[1-8] K-STEP

- 1-2 Step right forward diagonally; touch left beside right.
- 3-4 Step left back diagonally; touch right beside left.
- 5-6 Step right back diagonally; touch left beside right.
- 7-8 Step left forward diagonally; touch right beside left.

[1-8] MONTEREY ¼ TURN RIGHT, JAZZ BOX CROSS

- 1-2 Point right to side; turn ¼ right and step right beside left.
- 3-4 Point left to side; step left beside right.
- 5-8 Cross right over left; back left; right to side; cross left over right.

[1-8] LINDY RIGHT, LINDY LEFT

- 1&2 Step right to side; left together; right to side.
- 3-4 Rock left behind right; recover on right.
- 5&6 Step left to side; right together; left to side.
- 7-8 Rock right behind left; recover on left.

[1-8] TOE TOUCHES

- 1-4 Touch right toe to right side twice.
- 5-8 Touch left toe to left side twice.

[1-4] ROCK BACK, RECOVER, ¼ TURN, CROSS, POINT

- 1& Rock back on right; recover forward on left.
- 2 Step right forward, making a ¼ turn right.
- 3 Cross left foot over right.
- 4 Point right toe to right side.

[5-8] JAZZ BOX FINISH

- 5 Cross right foot over left.
- 6 Step back on left.
- 7 Step right beside left.
- 8 Step left beside right.

Repeat and enjoy!

Nancy's Beginner Line Dance Class