

# Man In The Mirror

**CHOREO:** Alise Halbert with Richard Lamberty **RELEASED:** October 1, 2012  
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**MUSIC:** Man in the Mirror (The Voice Performance) Adam Levine & Javier Colon  
Available as download from iTunes  
**RHYTHM:** Rumba / Cha Cha **TIME @ BPM:**  
**PHASE (+):** III + 2 (Fan, Hockey Stick)  
**FOOTWORK:** Opposite unless indicated [*Woman's footwork in Italics*]  
**SEQUENCE:** **INTRO A B C INTERLUDE B (1-8) C C (Mod) BRIDGE D A (Mod) ENDING**

## Introduction

### **1 - 4 Wait; Walk Together 2; Cucaracha Line and Reverse; ;**

- 1 Wait for one measure in OP-FCG WALL about 6 feet (2 meters) apart;
- 2 [**Walk Together 2 (SS)**] Forward L, -, forward R, -;
- 3 - 4 [**Cucaracha Line and Reverse (QQS; QQS)**] Rock side L, recover R, close L, -; Rock side R, recover L, close R, -;

## Part A (Rumba)

### **1 - 8 Open Break; Whip; Open Break; Whip; Sliding Doors; ; Circle Away and Together; ;**

#### **7 - 8 (Mod) Circle Away and Together to Back to Back; ;**

- 1 [**Open Break (QQS)**] Joining lead hands rock apart L, recover R, side L, -;
- 2 [**Whip (QQS)**] Turning slightly RF to Sidecar rock back R, turning LF to face LOD recover forward L, side R LOP-FCG facing COH, -;  
*[W: Turning slightly RF to Sidecar forward L toward DLC, forward R spiral LF to face WALL, side L down LOD, -;]*
- 3 - 4 [**Open Break; Whip (QQS x 2)**] Repeat the action from Measures 1 and 2 of Part A to end in LOP-FCG Man facing WALL.
- 5 - 6 [**Sliding Doors (QQS x 2)**] Turning to Open Position facing LOD rock apart L, recover R, XLif passing behind Woman to end in Left Open Position facing LOD, -; Rock apart R, recover L, XRif passing behind Woman to end in Open Position facing LOD, -;
- 7 - 8 [**Circle Away and Together (QQS x 2)**] Turning in a large CCW circle walk forward L, R, L, -; Continue CCW circle forward R, L, R to end in LOP-FCG Man facing WALL, -;  
*[W: Circle CW R, L, R, -; L, R, L, -;]*
- 7 - 8 (Mod) [**Circle Away and Together to Back to Back (QQS x2)**] Turning in a large CCW circle walk forward L, R, L, -; Continue CCW circle forward R, L, R over turning to end in a V back to back Man facing DLC and Woman facing DLW, -;]

## Part B (Rumba)

### **1 - 8 Hand to Hand; Fan; Hockey Stick to WALL; ; Thru Serpiente; ; Basketball Turn; ;**

- 1 [**Hand to Hand (QQS)**] Turning to OP LOD with trail hands joined rock back L, recover R, turning RF to face partner and WALL side L, -;
- 2 [**Fan (QQS)**] Rock back R, recover L, side R to end in Fan Position Man facing WALL, -;  
*[W: Forward L toward COH, back R turning LF 1/4 to face RLOD, back L leaving R extended forward with no weight;]*
- 3 - 4 [**Hockey Stick to WALL (QQS x 2)**] Rock forward L, recover R, close L raising joined lead hands with palm and forearm facing toward floor in front of your face, -; Rock back R, recover L allowing joined lead hands to pass over Woman's head, forward and side R to end in LOP-FCG WALL and preparing to turn to face RLOD, -;  
*[W: Close R, forward L, forward R to stand facing RLOD in front of Man, -; forward and side L toward DRW, forward and across R toward DRW then spiral 5/8 LF to face COH, back and side L, -;]*

5 - 6 **[Serpiente (QQS x 2)]** Turning to LOP facing RLOD thru L toward RLOD, turning to face partner and WALL side R, XLib, flare R CW; XRib, side L, turning to OP facing LOD thru R, flare L CW turning to face Partner and WALL;

*[W: Turning to LOP RLOD thru R, turning to face Partner and COH side L, XRib, flare L CCW; XLib, side R, turning to OP facing LOD thru L, flare R CCW turning to face COH;]*

7 - 8 **[Basketball Turn (SS SS)]** Lunge side L down LOD and releasing trail hands, -, continue RF turn recover R, -; Turning RF lunge side L toward RLOD, -, continue RF turn recover R to face WALL, -;

### **9 - 16 Chase with Double Peek-a-boo 3/4; ; ; ; ; Forward Preparation in 4; Slow Dip and Recover;**

9 **[Start Chase Double Peek-a-boo 3/4 (QQS)]** Forward L turn RF 1/2 to face COH, recover R, close L to end in Tandem Man in front, -;

*[W: Rock back R, recover L, close R to end in Tandem Man in front, -;]*

10 - 11 **[Cucaracha Twice (QQS x 2)]** Rock side R, recover L, close R, -; Rock side L, recover R, close L, -;

12 **[Continue Chase (QQS)]** Forward R turn LF 1/2 to face WALL, recover L, close R to end in Tandem Lady in front, -;

*[W: Forward L turn RF 1/2 to face WALL, recover R, close L to end in Tandem Lady in front, -;]*

13 - 14 **[Cucaracha Twice (QQS x 2)]** Rock side L, recover R, close L, -; Rock side R, recover L, close R, -;

15 **[Forward Preparation (QQQQ)]** Rock forward L, recover R, back L small step, close R allowing Woman to move close preparing to take CP;

*[W: Rock forward R turn LF 1/2 to face Man and COH, recover L, forward R small step, forward L small step moving close to Man preparing to take CP, -;]*

16 **[Slow Dip, Recover (SS)]** Dip back L allowing Woman to fall into your arms, -, recover R to end in loose CP facing WALL, -;

*[W: Dip forward R 'falling' into CP, -, recover L, -;]*

## **Part C (Cha Cha)**

### **1 - 8 Basic to Fan; ; Hockey Stick; ; Lariat; ; Quick Cucaracha Line and Reverse; Quick Cucaracha Cross and Unwind face LOD;**

#### **8 (Mod): Quick Cucaracha Cross and Unwind 1/2;**

1 - 2 **[Basic to Fan (123&4)]** Forward L, recover R, side L / close R, side L with lead hands still joined; Rock back R, recover L, releasing trail hand from Woman's back close R / in place L, side R to end in Fan Position Man facing WALL;

*[W: Rock back R, recover L, side R / close L, side R; Rock forward L, turning LF 1/4 to face RLOD recover back R, back L / lock Rif, back L leaving R extended forward no weight;]*

3 - 4 **[Hockey Stick (123&4 x 2)]** Rock forward L, recover R, close L / in place R, in place L raising joined lead hands with palm and forearm facing toward floor in front of your face; Rock back R, recover L allowing joined lead hands to pass over Woman's head, forward and side R / close L, forward and side R to end in LOP-FCG Man facing WALL;

*[W: Close R, forward L, forward R / lock Lib, forward R to stand facing RLOD in front of Man; Forward and side L toward DRW, forward and across R toward DRW then spiral 5/8 LF to face COH, back and side L / close R, back and side L;]*

5 - 6 **[Lariat (123&4 x 2)]** Rock side L, recover R, close L / in place R, in place L; Rock side R, recover L, close R / in place L, in place R to end in LOP-FCG Man facing WALL;

*[W: Walking in a CW circle around Man forward R, forward L (pass on Man's R side), forward R / lock Lib, forward R (now behind Man); Forward L, forward R (pass on Man's L side), side L, close R, side L checking to end facing Partner and COH;]*

7 **[Quick Cucaracha Line and Reverse (1&2 3&4)]** Rock side L / recover R, close L, rock side R / recover L, close R;

8 **[Quick Cucaracha Cross, Unwind to Face LOD (1&2 3&4)]** Rock side L / recover R, XLif, unwind RF turning 3/4 to end in OP facing LOD no hands and lead foot free;

*[W: Rock side R / recover L, XRif, unwind LF turning 3/4 to end in OP facing LOD;]*

8 (Mod) **[Cucaracha Cross, Unwind 1/2 (1&2 3&4)]** Rock side L / recover R, XLif, unwind RF turning one half turn to end in OP-FCG Man facing COH no hands and lead foot free;

*[W: Rock side R / recover L, XRif, unwind LF one half turn to end in OP-FCG facing WALL;]*

**Interlude (Cha Cha)****1 - 4 Walk 2 and Cha Twice; ; Circle Away 2 and Cha; Walk Together 2, -, Side, Draw;**

- 1 - 2 [Walk 2 and Cha Twice (123&4 x 2)] In Open Position facing LOD no hands joined forward L, forward R, forward L / lock RXib, forward L; Forward R, forward L, forward R / lock Lib, forward R;
- 3 [Circle Away 2 and Cha (123&4)] Turning CCW walk forward L, forward R, forward L / lock Rib, forward L having turned to face RLOD;  
*[W: Turning CW walk forward R, forward L, forward R / lock Lib, forward L having turned to face RLOD;]*
- 4 [Walk Together 2, -, Side, Draw (123-)] Continue CCW circle forward R, forward L towards Partner and WALL, side R toward RLOD, draw L;  
*[W: Continue CW circle forward L, forward R towards Partner and COH, side L toward RLOD, draw R;]*

**Repeat Part B (1 – 8)****Repeat Part C****Repeat Part C (Modified at Measure 8)****Bridge (Cha Cha)****1 - 2 Quick Cucarachas Reverse and Line; Cucaracha Cross, Unwind 1/2 to Face;**

- 1 - 2 Repeat the action from Measures 7 and 8 (Modified) of Part C, but commence back to back with Man facing COH and end in OP-FCG Man facing WALL.

**Part D (Cha Cha)****1 - 8 Chase Double Peek-a-boo 3/4; ; ; ; ; Quick Shadow Cucarachas; Cucaracha Cross and Unwind to Face (Man Full, Woman 1/2);**

- 1 - 6 Repeat the action from Measures 9 – 14 of Part B, danced in Cha Cha rhythm.
- 7 Repeat the action from Measure 7 from Part C with Man and Woman facing WALL.
- 8 Repeat the action from Measure 8 of Part C for Man, and Measure 8 (Modified) of Part C for Woman to end OP-FCG Man facing Wall.

**Repeat Part A****Ending****1 Cross Arms (w/ Attitude).**

- 1 Sweeping arms out and in to end with arms crossed in front of your chest and stand with “attitude”, which will doubtless be easier for some than others. We could post photos on facebook.



**MAN IN THE MIRROR – HALBERT/LAMBERTY – RB-CH III+2 – 3:22****INTRO (4 meas)**

Wait 1 ; Slow Walk Tog 2 ; Cucaracha Line & Reverse ; ;

**PART A (8 Rumba meas)**

Open Break ; Whip ; Open Break ; Whip ;  
Sliding Doors ; ; Circle Away and Together ; ;

**PART B (16 Rumba meas)**

Hand to Hand ; Fan; Hockey Stick to fc WALL ; ;  
Serpiente ; ; Slow Basketball Turn ; ;  
Chase with Double Peek-a-Boo  $\frac{3}{4}$  ; ; ; ; ; ;  
Forward Preparation in 4 ; Slow Dip & Rec ;

**PART C (8 Cha meas)**

Basic to Fan ; ; Hockey Stick ; ; Lariat ; ; Qk Cucarachas ;  
Qk Cucaracha Cross & Unwind to fc LOD ;

**INTERLUDE (4 Cha)**

Walk & Cha 2x ; ; Circle away Cha ; Tog 2 Side Draw ;

**PART B (8 Rumba meas)**

Hand to Hand ; Fan; Hockey Stick to fc WALL ; ;  
Serpiente ; ; Slow Basketball Turn ; ;

**PART C (8 Cha meas)**

Basic to Fan ; ; Hockey Stick ; ; Lariat ; ; Qk Cucarachas ;  
Qk Cucaracha Cross & Unwind to fc LOD ;

**PART C Mod (8 Cha meas)**

Basic to Fan ; ; Hockey Stick ; ; Lariat ; ; Qk Cucarachas ;  
Qk Cucaracha Cross & Unwind to BK-TO BK ;

**BRIDGE (2 Cha meas)**

Qk Cucarachas ; QK Cucaracha Cross & Unwind to fc ;

**PART D (8 Cha meas)**

Chase with Double Peek-a-Boo  $\frac{3}{4}$  ; ; ; ; ; ; QK Shadow Cucarachas ;  
Qk Cucaracha Cross & Unwind to fc ;

**PART A Mod (8 Rumba meas)**

Open Break ; Whip ; Open Break ; Whip ;  
Sliding Doors ; ; Circle Away and Together ; ;

**ENDING (1 meas)**

Cross Arms with attitude