

Meat And Potato Man

32 Count, 4 Wall, Intermediate, ECS

Choreographer: Harlan Curtis (USA) June 2006

Choreographed to: Meat And Potato Man by Brice Long
(135 bpm – iTunes etc.)

Start dance on vocals.

RIGHT TOE TAP, DROP HEEL, LEFT TOE TAP, DROP HEEL, STEP BACK ON RIGHT, CROSS RIGHT, CHASSE RIGHT

- 1 - 2 Touch right toe diagonally forward to the right, drop right heel down.
- 3 - 4 Touch left toe diagonally forward to the left, drop left heel down.
- 5 - 6 Step back on right foot, cross left over right.
- 7 & 8 Step right foot to right side, close left beside right, step right to side. (12:00)

ROLLING TURN LEFT, COASTER STEP, TRAVELING KICK BALL STEP (TWICE)

- 1 - 2 Step left foot 1/4 turn left, make 1/2 turn left stepping back on right foot. (3:00)
- 3 & 4 Step left foot back, step right beside left, step left forward.
- 5 & 6 Kick right foot forward, step right beside left, step left foot traveling slightly forward.
- 7 & 8 Kick right foot forward, step right beside left, step left foot traveling slightly forward.

STEP CROSS PIVOT LEFT, STEP CROSS PIVOT RIGHT, TWIST, TWIST, TWIST, TWIST

- 1 - 2 Step right foot across in front of left, pivot 1/2 turn to the left. (9:00)
- 3 - 4 Step left foot across in front of right, pivot 1/2 turn to the right. (3:00)
- 5 - 6 Twist heels right, twist heels left. (bend knees slightly while doing twists)
- 7 - 8 Twist heels right, twist heels left.

ROCK FORWARD ROCK BACK, TRIPLE STEP 1/2 TURN RIGHT, LONG SIDE STEP LEFT, TOUCH, BUMP HIPS RIGHT POP KNEE, BUMP HIPS LEFT POP KNEE

- 1 - 2 Step forward on right foot, rock back on left.
- 3 & 4 Triple step (right, left, right) while turning 1/2 right. (9:00)
- 5 - 6 Long side step left with left foot, touch right beside left.
- 7 - 8 Bump hips right & pop right knee, bump hips left & pop left knee.