

## Meat And Potatoes

32 count, 4 wall, Beginner level

Choreographer: Regina van Bergen (Netherlands)  
Sept 05

Choreographed to: Meat and Potato Man by Alan  
Jackson, Album: When Somebody Loves You

---

### **Forward, touch, backwards, touch**

- 1-2 Step RF diag. forward, touch LF beside RF
- 3-4 Step LF diag. back, touch RF beside LF
- 5-6 Step RF diag. back, touch LF beside RF
- 7-8 Step LF diag. forward, touch RF beside LF

### **Vine to the right with ½ left hitch turn to the right, Vine to the left, touch**

- 1-2 Step RF to the right side, cross LF behind RF
- 3-4 Step RF to the right, hitch with left knee  
and turn ½ to the right
- 5-6 Step LF to the left side, cross RF behind LF
- 7-8 Step LF to the left side, touch RF beside LF

### **Back, back, back, hitch, step, slide, step, touch**

- 1-2 Step RF back, step LF back
- 3-4 Step RF back, hitch left knee
- 5-6 Step LF forward, slide RF beside LF
- 7-8 Step LF forward, touch RF beside LF

### **Vine to the right with ¼ left hitch to the right, vine to the left with touch**

- 1-2 Step RF to the right side, cross LF behind RF
- 3-4 Step RF to the right, hitch with left knee  
and turn ¼ to the right
- 5-6 Step LF to the left side, cross RF behind LF
- 7-8 Step LF to the left side, touch RF beside LF

### **Begin again**

---