

MEAT AND POTATO MAN

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Count: 32

Wall: 4

Level: intermediate east coast swing

Choreographer: Harlan Curtis

Music: Meat And Potato Man by Brice Long

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

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

- 1-2 Step left foot $\frac{1}{4}$ turn left, make $\frac{1}{2}$ 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 $\frac{1}{2}$ turn to the left, (9:00)
- 3-4 Step left foot across in front of right, pivot $\frac{1}{2}$ 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 (3:00)

ROCK FORWARD ROCK BACK, TRIPLE STEP $\frac{1}{2}$ 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 $\frac{1}{2}$ 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

REPEAT