

Meat And Potato Man

Choreographed by Karen Tripp

Description: 32 count, 4 wall, ultra beginner line dance

Music: "**Meat & Potato Man**" by Alan Jackson [120 bpm]

Intro: 32 counts

RIGHT VINE 3 WITH STOMP (NO WEIGHT), TOE FANS

1-4 Step right side, cross left behind, step right side, stomp left together (weight to right)

5-8 Swivel left toe out, swivel left toe to center, swivel left toe out, swivel left toe to center

LEFT VINE 3 WITH STOMP (NO WEIGHT), TOE FANS

1-4 Step left side, cross right behind, step left side, stomp right together (weight to left)

5-8 Swivel right toe out, swivel right toe to center, swivel right toe out, swivel right toe to center

FORWARD, POINT SIDE 4X

1-2 Step right forward, touch left side

3-4 Step left forward, touch right side

5-6 Step right forward, touch left side

7-8 Step left forward, touch right side

JAZZ BOX ¼ RIGHT, 2 TOE STRUTS

1-2 Cross right over, step left back

3-4 Turn ¼ right and step right side, step left together

5-6 Step right toe forward, lower right heel

7-8 Step left toe forward, lower left heel (3:00)

REPEAT

ENDING

This dance has 7 repetitions plus 16 counts of the 8th repetition. For a special ending that will leave you facing the front wall, the second time you do the jazz box at the 6:00 wall (wall 7), turning to face the 9:00 wall, do the two toe struts to turn facing 12:00. The dance will then finish after 16 counts (vines & fans) facing 12:00