



Meat and Potato Man

Choreographer: Karen Tripp

Count: 32

Wall: 4

Level: Absolute Beginner

Intro: 32 counts, start on Lyrics

Music: "Meat and Potato Man" by Alan Jackson

www.country-stafke.be

[1-8] RIGHT VINE 3 WITH STOMP (no wt), TOE FANS

1-4 Step side right, cross left behind, step side right, stomp left (no weight)
5-8 Fan left toe to the left, back to center front, out to left, back to center front

[9-16] LEFT VINE 3 WITH STOMP (no wt), TOE FANS

9-12 Step side left, cross right behind, step side left, stomp right (no weight)
13-16 Fan right toe to the right, back to center front, out to right, back to center front

[17-24] FORWARD, POINT SIDE 4X

17-18 Step forward on right, point left toe to left side
19-20 Step forward on left, point right toe to right side
21-22 Step forward on right, point left toe to left side
23-24 Step forward on left, point right toe to right side

[25-32] JAZZ BOX ¼ RIGHT, 2 TOE STRUTS

25-26 Cross right over left, step back on left
27-28 Turn ¼ right and step right, step left together
29-30 Step right toe forward, drop heel
31-32 Step left toe forward, drop heel (3:00) **

Repeat

OPTIONAL ENDING

This dance has 7 repetitions plus 16 counts of the 8th repetition. For a special ending that will leave you facing 12:00 o'clock, 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.

