

# Meat And Potato Man

**COPPER** **KNOB**  
BY STEPHEN BRETZ

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate east coast swing



**Chorégraphe:** Harlan Curtis (USA)

**Musique:** Meat and Potato Man - Brice Long

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## **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**

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