

Meat And Potato Man

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate east coast swing
编舞者: Harlan Curtis (USA)
音乐: Meat and Potato Man - 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
