

# Meat And Potato Man

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate east coast swing  
編舞者: Harlan Curtis (USA)  
音樂: 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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