



# *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

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**[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.***



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