



**MEAT AND POTATO MAN**  
**MUSIC YOU CAN DANCE TO**

**Record Company**

**Tarheel TARCD-112**  
**Mucis By Tarheel Ramblers**

**OPENER & ENDING**

**SIDES FACE, GRAND SQUARE**  
**LIKE MY STEAK WELL DONE, TATERS FRIED**  
**FOOTBALL GAMES ON MONDAY NIGHT**  
**IT'S JUST WHO I AM, MEAT & POTATO MAN**  
**LEFT ALLEMANDE, WEAVE THE RING**  
**I LIKE MY COFFEE BLACK, OLD TV SHOWS**  
**SWING YOUR GIRL & PROMENADE HER BACK**  
**IT'S JUST WHO I AM, MEAT & POTATO MAN**

**FIGURE:**

**WELL THOSE HEADS SQUARE THRU FOUR HANDS AND GO,**  
**YOU MAKE A RIGHT HAND STAR YOU KNOW**  
**OH! THOSE HEADS STAR LEFT ONE TIME AROUND AND DO THE RIGHT & LEFT THRU**  
**WHY DON'T YOU SWING THRU AND THEN SWING THRU AGAIN**  
**SWING THE CORNER AND PROMENADE MY FRIEND**  
**IT'S JUST WHO I AM, MEAT & POTATO MAN**

**MIDDLE BREAK:**

**SIDES FACE, GEAND SQUARE**  
**I LIKE MY FISHING HOLE, LIGHTING BUGS, FLATT & SCRUGGS**  
**MY WOMANS LOVE, IT'S JUST WHO I AM, MEAT & POTATO MAN**  
**LEFT ALLEMANDE, WEAVE THE RING**  
**I LIKE MY WRANGLER JEANS AND COWBOY BOOTS**  
**SWING YOUR GIRL AND PROMENADE HER BACK**  
**IT'S JUST WHO I AM, MEAT & POTATO MAN**



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