

A Perfect Recipe

COPPER **NOB**
BY STEPHEN

Count: 32

Wall: 4

Level: Improver

Choreographer: Gloria Stone (USA) - November 2014

Music: Eat Sleep Love You Repeat - Rodney Atkins : (Single)



Start after 16 counts

TOE, HEEL STRUT RIGHT X2, LINDY RIGHT

1 – 4 Step Right toe to right, Drop heel, Step Left toe over Right, Drop heel
5&6, 7, 8 Step Right to right, Step Left together, Step Right to right, Rock Left behind Right, Recover Right

VINE LEFT ¼ TURN WITH SCUFF, ½ PIVOT TURN, TRIPLE FORWARD

1 – 4 Step Left to left, Step Right behind Left, Step Left ¼ turn left, Scuff Right*
5, 6, 7&8 Step Right forward, ½ turn left with weight to Left, Step Right forward, Step Left together, Step Right forward

ROCK, RECOVER, TRIPLE BACK, STEP BACK ¼ TURN LEFT, STEP FORWARD ¼ TURN LEFT, TRIPLE FORWARD

1, 2, 3&4 Rock Left forward, Recover Right, Step Left back, Step Right together, Step Left back
5, 6, 7&8 Step Right back ¼ turn left, Step Left forward ¼ left, Step Right forward, Step Left together, Step Right forward

ROCK FORWARD, RECOVER, COASTER STEP, JAZZ BOX

1, 2, 3&4 Rock Left forward, Recover Right, Step Left back, Step Right together, Step Left forward
5 – 8 Step Right over Left, Step Left back, Step Right back, Step Left over Right

HAVE FUN!!!

***TAG: On Wall 3 – During the 1st instrumental section do the first 12 counts and add**

JAZZ BOX, Restart

5 – 8 Step Right over Left, Step Left back, Step Right back, Step Left over Right, Restart

A special thanks to Sandy Miller for the name of this dance!

Contact: SneakersNSpurs@neo.rr.com

Last Update – 18th Jan 2015