

Eat Sleep Love

COPPER KNOB
BY STEPHEN HETS

Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: Paula Frohn (USA) & Ed Evangelista (USA) - December 2014

Music: Eat Sleep Love You Repeat - Rodney Atkins



STEP RF SIDE, HOLD & CLAP, TOGETHER, REPEAT, STEP RF SIDE, CROSS ROCK ¼ LEFT

- 1-2 Step RF to right side, hold & Clap
- & Step LF next to RF
- 3-4& Repeat 1-2&
- 5 Step RF to right side
- 6 Cross LF in front of RF
- 7 Replace weight onto RF
- 8 Turn ¼ left, step LF forward

TURN ½ LEFT, TURN ¼ LEFT, CROSS SHUFFLE, ROCK SIDE, REPLACE, SYNCOPATED WEAVE

- 9 Turn ½ left, step RF back
- 10 Turn ¼ left, step LF side
- 11& 12 Step RF in front of LF, step LF to the side, step RF in front of LF
- 13-14 Rock LF side, replace onto RF
- 15&16 Step LF behind RF, step RF to the side, step LF in front of RF

One Restart...after two sets, (facing 6 0'clock), do only 16 counts...Restart!

MAMBO SIDE RIGHT, MAMBO SIDE LEFT, SYNCOPATED ROCKING CHAIR, SHUFFLE FORWARD

- 17&18 Rock RF to the right side, replace weight onto LF, step RF next to LF
- 19&20 Rock LF to the left side, replace weight onto RF, step LF next to RF
- 21&22& Rock forward RF, replace on LF, rock back on RF, replace on LF
- 23&24 Step RF forward, step LF next to RF, step RF forward

STEP PIVOT ¼ RIGHT, KICK-STEP-TOUCH, SAILOR STEP, UNWIND ½ LEFT

- 25-26 Step LF forward, pivot ¼ turn right, transfer weight to RF
- 27&28 Kick LF forward, step LF next to RF, touch right toe to side
- 29&30 Cross RF behind LF, step LF to left side, RF to right side
- 31&32 Touch left toe behind RF, unwind ½ turn left, ending weight on LF

Start over...enjoy!

NOTE: In the last set of the song, you will be facing 9 0'clock on count 31, touch left toe behind RF, unwind ¾ left on count 32 to end facing the front!

Contacts: jusgotta@megahits.com - eje48@aol.com