

Eat, Sleep, Love You, Repeat

COPPER KNOB
STEPSHEETS

Count: 64

Wall: 2

Level: Improver

Choreographer: Gail Smith (USA) - February 2015

Music: Eat Sleep Love You Repeat - Rodney Atkins



INTRO: □16 Counts, start on the vocals

S1: SIDE, TOGETHER, SIDE SHUFFLE, CROSS-ROCK, 1/4 TURN SHUFFLE

1 - 2 - 3 & 4 Step R to side, step L together, step R to side, step L together, step R to side
5 - 6 - 7 & 8 Rock L across R, recover onto R, 1/4 turn L as you shuffle L, R, L [9:00]

S2: CROSS-ROCK, SIDE SHUFFLE, CROSS-ROCK, 1/4 TURN SHUFFLE

1 - 2 - 3 & 4 Rock R across L, recover onto L, step R to side, step L together, step R to side
5 - 6 - 7 & 8 Rock L across R, recover onto R, 1/4 turn L as you shuffle L, R, L [6:00]

***** RESTART here on wall 2. Happens facing 12:00.

S3: FULL TURN (or walk, walk), SHUFFLE FWD, ROCKING CHAIR

1 - 2 Turn 1/2 L stepping back onto R foot, turn 1/2 L stepping L fwd (option: walk, walk) [6:00]
3 & 4 Shuffle fwd R, L, R
5 - 6 - 7 - 8 Rock L fwd, recover onto R, Rock L bkwd, recover onto R

S4: CHARLESTON, 1/2 TURN L, STEP FWD, SHUFFLE

1 - 2 - 3 - 4 Step L fwd, kick R fwd, Step R bkwd, touch L toes back
5 - 6 Keep feet in place, turn 1/2 L and step down onto L foot, step R fwd [12:00]
7 & 8 Shuffle L, R, L

S5: SAMBA STEPS, JAZZ BOX 1/4 TURN R

1 & 2 Step R across L, rock L to side, recover onto R
3 & 4 Step L across R, rock R to side, recover onto L
5 - 6 Step R across L, step L back
7 - 8 1/4 turn R and step R to side, step L across R [3:00]

S6: POINT, STEP, POINT, STEP, 1/2 TURN PIVOTS

1 - 2 - 3 - 4 Point R toes out to side, step R fwd, point L toes out to side, step L fwd
5 - 6 - 7 - 8 Step R fwd, pivot 1/2 turn L, step R fwd, pivot 1/2 turn L

S7: SIDE, TOGETHER, SHUFFLE BACK, SIDE TOGETHER, SHUFFLE FWD

1 - 2 - 3 & 4 Step R to side, step L together, shuffle back R, L, R
3 - 4 - 5 & 6 Step L to side, step R together, shuffle fwd L, R, L

S8: 1/4 TURN - TOUCH, SIDE - TOUCH, SWAYS

1 - 2 - 3 - 4 Step R 1/4 turn R, touch L next to R, step L to side, touch R next to L □ [6:00]
5 - 6 - 7 - 8 Step R to side and sway R, L, R, L

START AGAIN □ □

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