

Eat Sleep Love You Repeat

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver Cha Cha

Choreographer: Trine Haukø Lund (NOR) - December 2016

Music: Eat Sleep Love You Repeat - Rodney Atkins



#16 count intro. Start on vocals

Step R, cross rock L, recover R, chasse L, rock R behind, recover L, chasse R 1/4 turn R

- 1-3 Step RF to R, cross rock LF over RF, recover weight onto RF
- 4&5 Step LF to L, step RF beside LF, step LF to L
- 6-7 Rock RF behind LF, recover weight onto LF
- 8&1 Step RF to R, step LF beside R, step RF to R turning 1/4 R (3.00)

L forward, pivot 1/2 turn R, lockstep L forward, R forward 1/4 turn L, cross shuffle

- 2-3 Step LF forward, pivot 1/2 turn R taking weight on RF (9.00)
- 4&5 Step LF forward, step RF behind LF, step LF forward
- 6-7 Step RF forward, 1/4 turn L taking weight on LF (6.00)
- 8&1 Cross RF over LF, step LF to L, cross RF over LF

***Restart here in wall 3**

Rock L, recover R, coaster step, anchorstep backwards X2 R-L, turn 1/4 R

- 2-3 Rock LF to L, recover weight onto RF
- 4&5 Step LF behind RF, step RF next to LF, step forward on LF
- 6&7 Step back on ball of RF, rock LF forward, step back on RF
- 8&1 Step back on ball of LF, rock RF forward, step back on LF and turn 1/4 R (9.00)

Sailorstep R, crossrock L over R, rock L to L, crossrock L over R, side, together, step

- 2&3 Step back on RF, step LF next to RF, step RF to R
- 4& Cross rock LF over RF, recover onto RF
- 5& Rock LF to L, recover onto RF
- 6& Cross rock LF over RF, recover onto RF
- 7-8& Step LF to L, step RF slightly behind LF, step down on LF

***Restart in wall 3, after count 8&1 in section 2. Facing 12 o'clock.**

NOTE: Replace the cross shuffle (count 8&1) with sailor step.

- 8&1 Step RF behind LF (8), step LF next to RF(&), step RF to R(1)

Last step of the sailorstep is count 1 in the next wall.

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