

# Eat, Sleep, Love, Repeat

**COPPER** **KNOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** High Beginner

**Choreographer:** Dave Morgan (UK) - September 2017

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



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## Section 1: SIDE TOGETHER, SHUFFLE FORWARD, ROCK RECOVER, CHASSE ¼ TURN

- 1,2 Step left to left side. Step right beside left.  
3&4 Step left forward, Step right beside left, Step left forward. (Shuffle)  
5,6 Rock forward on right. Recover on left.  
7&8 Making ¼ turn right. Step right to right side. Step left beside right. Step right to right side.  
(Chasse) Facing 3 O'Clock.

## Section 2: ROCK RECOVER, COASTER STEP. ROCK RECOVER, COASTER STEP

- 9,10 Rock forward on left. Recover on right.  
11&12 Step back on left. Step right beside left. Step left forward.  
13,14 Rock forward on right. Recover on left.  
15&16 Step back on right. Step left beside right. Step right forward.

## Section 3: Pivot 1/8th, Pivot 1/8th, WEAVE & POINT

- 17,18 Step forward on left. Pivot 1/8th turn right.  
19,20 Step forward on left. Pivot 1/8th turn right. (facing 6 O'Clock)  
21,22 Step left across right. Step right to right side.  
23,24 Step left behind right. Point right to right side.

## Section 4: WEAVE & POINT, JAZZ BOX ¼ TURN

- 25,26 Step right across left. Step left to left side.  
27,28 Step right behind left. Point left to left side.  
29,30 Step left across right. Making ¼ turn left, Step back on right.  
31,32 Step left to left side. Step right beside left.

## NOTES:-

There is 1 Restart on wall 3.

Dance the first 16 counts and Restart the dance. (Rock, Recover, Coaster)

You will be facing 9 O'Clock Wall.

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