

# A Perfect Recipe

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

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Gloria Stone (USA) - November 2014

**Musique:** 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!**

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**Last Update – 18th Jan 2015**