

# Eat Sleep Love

**COPPER** KNOB  
BY STEPHEN

**Compte:** 32

**Mur:** 2

**Niveau:** Beginner

**Chorégraphe:** Karen Tripp (CAN) - February 2015

**Musique:** Eat Sleep Love You Repeat - Rodney Atkins : (Album: Eat Sleep Love You Repeat)



**Wait 16 counts**

## **ROCK FORWARD (RIGHT), RECOVER, ¼ RIGHT SIDE SHUFFLE (3:00)**

- 1-2 Rock forward right, recover to left  
3&4 Turn ¼ right and shuffle to the side right, left, right (3:00)

## **¼ RIGHT AND SIDE ROCK (LEFT), RECOVER, FORWARD SHUFFLE (6:00)**

- 5-6 Turn ¼ right and rock side on left, recover to right (6:00)  
7&8 Shuffle forward left, right, left

## **(RIGHT) DIAGONAL VINE 2, (RIGHT) TRIPLE – REPEAT ALL WITH LEFT**

- 9-10 Step right slightly diagonal forward, cross left behind  
11&12 Triple in place right, left, right  
13-14 Step left slightly diagonal forward, cross right behind  
15&16 Triple in place left, right left

## **2 ROCKING CHAIRS**

- 17-20 Rock forward right, recover to left, rock back on right, recover to left  
21-24 Repeat steps 17-20

## **ROCK SIDE RIGHT, RECOVER, CROSSING SHUFFLE, - REPEAT ALL WITH LEFT**

- 25-26 Rock right to side, recover to left  
27&28 Cross right over left, step left, cross right over left  
29-30 Rock left to side, recover to right  
31&32 Cross left over right, step right, cross left over right

**Ending: Facing 12:00 after 16 counts**

**Choreographer:** Karen Tripp, Cranbrook, BC, Canada

**Email:** karen@trippcentral.ca - **Website:** www.trippcentral.ca/dance□