

# Eat Sleep Love

**COPPER KNOB**  
BY STEPHEN HETS

拍數: 32      牆數: 4      級數: Low Intermediate  
編舞者: Paula Frohn (USA) & Ed Evangelista (USA) - December 2014  
音樂: Eat Sleep Love You Repeat - Rodney Atkins



## STEP RF SIDE, HOLD & CLAP, TOGETHER, REPEAT, STEP RF SIDE, CROSS ROCK ¼ LEFT

1-2      Step RF to right side, hold & Clap  
&      Step LF next to RF  
3-4&      Repeat 1-2&  
5      Step RF to right side  
6      Cross LF in front of RF  
7      Replace weight onto RF  
8      Turn ¼ left, step LF forward

## TURN ½ LEFT, TURN ¼ LEFT, CROSS SHUFFLE, ROCK SIDE, REPLACE, SYNCOPATED WEAVE

9      Turn ½ left, step RF back  
10      Turn ¼ left, step LF side  
11& 12      Step RF in front of LF, step LF to the side, step RF in front of LF  
13-14      Rock LF side, replace onto RF  
15&16      Step LF behind RF, step RF to the side, step LF in front of RF

**One Restart...after two sets, (facing 6 0'clock), do only 16 counts...Restart!**

## MAMBO SIDE RIGHT, MAMBO SIDE LEFT, SYNCOPATED ROCKING CHAIR, SHUFFLE FORWARD

17&18      Rock RF to the right side, replace weight onto LF, step RF next to LF  
19&20      Rock LF to the left side, replace weight onto RF, step LF next to RF  
21&22&      Rock forward RF, replace on LF, rock back on RF, replace on LF  
23&24      Step RF forward, step LF next to RF, step RF forward

## STEP PIVOT ¼ RIGHT, KICK-STEP-TOUCH, SAILOR STEP, UNWIND ½ LEFT

25-26      Step LF forward, pivot ¼ turn right, transfer weight to RF  
27&28      Kick LF forward, step LF next to RF, touch right toe to side  
29&30      Cross RF behind LF, step LF to left side, RF to right side  
31&32      Touch left toe behind RF, unwind ½ turn left, ending weight on LF

**Start over...enjoy!**

**NOTE: In the last set of the song, you will be facing 9 0'clock on count 31, touch left toe behind RF, unwind ¾ left on count 32 to end facing the front!**

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