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| Eat Sleep Love |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Low Intermediate | . |
| **Choreographer:** | Paula Frohn (USA) & Ed Evangelista (USA) - December 2014 |
| **Music:** | Eat Sleep Love You Repeat - Rodney Atkins |
| . |

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

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| --- | --- |
| 1-2 | Step RF to right side, hold & Clap |

|  |  |
| --- | --- |
| & | Step LF next to RF |

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| --- | --- |
| 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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