|  |  |
| --- | --- |
| Eat & Sleep? |  |

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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 2 | **Level:** | Beginner | . |
| **Choreographer:** | Jane Nilsson (SWE) - October 2015 | | | | |
| **Music:** | Eat Sleep Love You Repeat - Rodney Atkins : (CD: Greatest Hits, iTunes) | | | | |
| . | | | | | | |

**#16 counts intro, 112 BPM**

**S1:[1-8] CHASSÉ, ROCK STEP, TOE STRUT LEFT AND RIGHT**

|  |  |
| --- | --- |
| 1&2 | Step right to right side, step left beside right, step right to right side |

|  |  |
| --- | --- |
| 3-4 | Rock step left backwards, recover onto right foot |

|  |  |
| --- | --- |
| 5-6 | Touch left toe forward, step down (with hip moves) |

|  |  |
| --- | --- |
| 7-8 | Touch right toe forward, step down (with hip moves) |

**S2:[1-8] CHASSÉ, ROCK STEP, TOE STRUT RIGHT AND LEFT**

|  |  |
| --- | --- |
| 1&2 | Step left to left side, step right beside left, step left to left side |

|  |  |
| --- | --- |
| 3-4 | Rock step right backwards, recover onto left foot |

|  |  |
| --- | --- |
| 5-6 | Touch right toe forward, step down (with hip moves) |

|  |  |
| --- | --- |
| 7-8 | Touch left toe forward, step down (with hip moves) |

**RESTART ON THIRD WALL FACING 12 O’CLOCK**

**S3:[1-8] MONTEREY ¼ TURN RIGHT, JAZZBOX**

|  |  |
| --- | --- |
| 1-2 | Point right toe to right side, turn ¼ right stepping right beside left foot |

|  |  |
| --- | --- |
| 3-4 | Point left toe to left side, step left beside right foot |

|  |  |
| --- | --- |
| 5-6 | Cross right foot in front of left, step back on left foot |

|  |  |
| --- | --- |
| 7-8 | Step right to right side, small step forward on left foot |

**S4:[1-8] ¼ STEP TURN, HEEL SWIVEL, ½ STEP TURN, HEEL SWIVEL**

|  |  |
| --- | --- |
| 1-2 | Step forward on right foot, ¼ turn left (weight on left foot) |

|  |  |
| --- | --- |
| 3-4 | Swivel both heel to right and back to center |

|  |  |
| --- | --- |
| 5-6 | Step forward on right foot, ½ turn left (weight on left foot) |

|  |  |
| --- | --- |
| 7-8 | Swivel both heel to right and back to center |

**Contact: jane@janeslinedance.se**