

Eat Sleep Love

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Beginner

Choreographer: Karen Tripp (CAN) - February 2015

Music: 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

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