

# Eat Sleep Love

**COPPER KNOB**  
STEPSHEETS

**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)

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**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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