

Eat, Sleep & Love You

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Séverine Fillion (FR) - March 2015

Music: Eat Sleep Love You Repeat - Rodney Atkins



Intro : 16 counts (No Tag, No Restart)

[1-8] TOE STRUT & HIP BUMP (RIGHT & LEFT), GRAPEVINE TO RIGHT, TOGETHER

- 1 Touch right ball fwd with hip bump fwd
- 2 Drop right heel on the floor
- 3 Touch left ball fwd with hip bump fwd
- 4 Drop left heel on the floor
- 5-8 Right to right, left cross behind right, right to right, left next to right

[9-16] HEEL TWIST, GRAPEVINE TO LEFT, TOGETHER

- 1-2 Swivel both heels to the left, recover heels to the center
- 3-4 Swivel both heels to the left, recover heels to the center
- 5-8 Left to left, right cross behind left, left to left, right next to left

[17-24] HEEL TWIST, JAZZ BOX ¼ TURN

- 1-2 Swivel both heels to the right, recover heels to the center
- 3-4 Swivel both heels to the right, recover heels to the center
- 5-6 Right cross over left, left step back
- 7-8 ¼ turn right stepping right to right, left step fwd 3:00

[25-32] WALKS FWD X 3, SIDE POINT, WALKS BACKWARD X 3, SIDE POINT

- 1-3 Walk fwd on right, left, right
- 4 Touch left toe to left side
- 5-7 Walk backward on left, right, left
- 8 Touch right toe to right side

Start again and enjoy!
