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Eat & Sleep?

32 Count, 2 Wall, Beginner

Choreographer: Jane Nilsson (SE) Oct 2015

Choreographed to: Eat, Sleep, Love You, Repeat by
Rodney Atkins. CD: Greatest Hits (112 bpm)

16 counts intro

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