

Eat Sleep Love You Repeat

32 Count, 4 Wall, Improver (Cha Cha)

Choreographer: Trine Haukø Lund (NO) Dec 2016

Choreographed to: Eat Sleep Love You Repeat by
Rodney Atkins

16 count intro. Start on vocals

Section 1 **Step R, cross rock L, recover R, chasse L, rock R behind, recover L, chasse R 1/4 turn R**
1-3 Step RF to R, cross rock LF over RF, recover weight onto RF
4&5 Step LF to L, step RF beside LF, step LF to L
6-7 Rock RF behind LF, recover weight onto LF
8&1 Step RF to R, step LF beside R, step RF to R turning 1/4 R (3.00)

Section 2 **L forward, pivot 1/2 turn R, lockstep L forward, R forward 1/4 turn L, cross shuffle**
2-3 Step LF forward, pivot 1/2 turn R taking weight on RF (9.00)
4&5 Step LF forward, step RF behind LF, step LF forward
6-7 Step RF forward, 1/4 turn L taking weight on LF(6.00)
8&1 Cross RF over LF, step LF to L, cross RF over LF
***Restart here in wall 3**

Section 3 **Rock L, recover R, coaster step, anchorstep backwards X2 R-L, turn 1/4 R**
2-3 Rock LF to L, recover weight onto RF
4&5 Step LF behind RF, step RF next to LF, step forward on LF
6&7 Step back on ball of RF, rock LF forward, step back on RF
8&1 Step back on ball of LF, rock RF forward, step back on LF and turn 1/4 R (9.00)

Section 4 **Sailor step R, crossrock L over R, rock L to L, crossrock L over R, side, together, step**
2&3 Step back on RF, step LF next to RF, step RF to R
4& Cross rock LF over RF, recover onto RF
5& Rock LF to L, recover onto RF
6& Cross rock LF over RF, recover onto RF
7-8& Step LF to L, step RF slightly behind LF, step down on LF

***Restart in wall 3, after count 8&1 in section 2. Facing 12 o'clock.**

NOTE: **Replace the cross shuffle (count 8&1) with sailor step.**
8&1: **Step RF behind LF (8), step LF next to RF(&), step RF to R(1)**
Last step of the sailor step is count 1 in the next wall.