

# Eat Sleep Repeat

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**Count:** 32

**Wall:** 2

**Level:** High Beginner

**Choreographer:** Celia Costa (USA) & Shirley Blankenship (USA) - May 2026

**Music:** Eat Sleep Love You Repeat - Rodney Atkins

**Intro: 16 counts**

**1 Restart on Wall 3 after 16 counts**

**No Tags**

**Wt begins on LF**

**Section 1: WALK, WALK, SHUFFLE FWD, ROCK, RECOVER, COASTER**

**1-2RF steps forward, LF steps forward**

**3&4RF steps forward, LF steps next to RF, RF steps forward**

**5-6LF rocks forward, recover onto RF**

**7&8LF steps back, RF steps next to LF, LF steps forward**

**Section 2: ROCK, RECOVER, SHUFFLE BACK, WALK BACK, WALK BACK, COASTER**

**1-2RF rocks forward, recover onto LF**

**3&4RF steps back, LF steps next to RF, RF steps back**

**5-6LF steps back, RF steps back**

**7&8LF steps back, RF steps next to LF, LF steps forward**

**Restart here on Wall 3 (12:00)**

**Section 3: CROSS ROCK, RECOVER, SHUFFLE SIDE, CROSS ROCK, RECOVER, SHUFFLE SIDE**

**1-2RF rocks over LF, recover onto LF**

**3&4RF steps to R side, LF steps next to RF, RF steps to R side**

**5-6LF rocks over RF, recover onto RF**

**7&8LF steps to L side, RF steps next to LF, LF steps to L side**

#### **Section 4: JAZZ BOX 1/2 TURN R, RF ROCKING CHAIR**

**1-2RF steps slightly in front of LF, make 1/4 turn R stepping back onto LF (3:00)**

**3-4** Step onto RF making 1/4 turn to R, LF steps slightly forward (6:00)

**5-6RF rocks forward, recover onto LF**

**7-8RF rocks back, recover onto LF**

#### **BEGIN AGAIN**

**Optional front wall ending: On Wall 8, complete counts 1-4 of S4 (Jazz Box 1/2 turn R), then make a 1/2 turn to end dance at 12:00. Ta Dah!!!**

**Or on Wall 8 you can choose to do the Jazz Box in place and remain at 12:00.**

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**Last Update: 8 May 2026**