

# A Perfect Recipe

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Gloria Stone , Nov, 2014

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

## Start after 16 counts

### TOE, HEEL STRUT RIGHT X2, LINDY RIGHT

- 1 - 4**            Step Right toe to right, Drop heel, Step Left toe over Right, Drop heel
- 5&6, 7, 8**    Step Right to right, Step Left together, Step Right to right, Rock Left behind Right, Recover Right

### VINE LEFT ¼ TURN WITH SCUFF, ½ PIVOT TURN, TRIPLE FORWARD

- 1 - 4**            Step Left to left, Step Right behind Left, Step Left ¼ turn left, Scuff Right\*
- 5, 6, 7&8**    Step Right forward, ½ turn left with weight to Left, Step Right forward, Step Left together, Step Right forward

### ROCK, RECOVER, TRIPLE BACK, STEP BACK ¼ TURN LEFT, STEP FORWARD ¼ TURN LEFT, TRIPLE FORWARD

- 1, 2, 3&4**    Rock Left forward, Recover Right, Step Left back, Step Right together, Step Left back
- 5, 6, 7&8**    Step Right back ¼ turn left, Step Left forward ¼ left, Step Right forward, Step Left together, Step Right forward

### ROCK FORWARD, RECOVER, COASTER STEP, JAZZ BOX

- 1, 2, 3&4**    Rock Left forward, Recover Right, Step Left back, Step Right together, Step Left forward
- 5 - 8**            Step Right over Left, Step Left back, Step Right back, Step Left over Right

## HAVE FUN!!!

**\*TAG: On Wall 3 - During the 1st instrumental section do the first 12 counts and add**

### JAZZ BOX, Restart

- 5 - 8**            Step Right over Left, Step Left back, Step Right back, Step Left over Right, Restart

**A special thanks to Sandy Miller for the name of this dance!**

**Contact: SneakersNSpurs@neo.rr.com**

**Last Update - 18th Jan 2015**

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