

# Eat Sleep Love

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**Count:** 32      **Wall:** 4      **Level:** Low Intermediate

**Choreographer:** Paula Frohn & Ed Evangelista (Dec 2014)

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

## **STEP RF SIDE, HOLD & CLAP, TOGETHER, REPEAT, STEP RF SIDE, CROSS ROCK ¼ LEFT**

- 1-2      Step RF to right side, hold & Clap  
&      Step LF next to RF  
3-4&      Repeat 1-2&  
5      Step RF to right side  
6      Cross LF in front of RF  
7      Replace weight onto RF  
8      Turn ¼ left, step LF forward

## **TURN ½ LEFT, TURN ¼ LEFT, CROSS SHUFFLE, ROCK SIDE, REPLACE, SYNCOPATED WEAVE**

- 9      Turn ½ left, step RF back  
10      Turn ¼ left, step LF side  
11& 12      Step RF in front of LF, step LF to the side, step RF in front of LF  
13-14      Rock LF side, replace onto RF  
15&16      Step LF behind RF, step RF to the side, step LF in front of RF

**One Restart...after two sets, (facing 6 O'clock), do only 16 counts...Restart!**

## **MAMBO SIDE RIGHT, MAMBO SIDE LEFT, SYNCOPATED ROCKING CHAIR, SHUFFLE FORWARD**

- 17&18      Rock RF to the right side, replace weight onto LF, step RF next to LF  
19&20      Rock LF to the left side, replace weight onto RF, step LF next to RF  
21&22&      Rock forward RF, replace on LF, rock back on RF, replace on LF  
23&24      Step RF forward, step LF next to RF, step RF forward

## **STEP PIVOT ¼ RIGHT, KICK-STEP-TOUCH, SAILOR STEP, UNWIND ½ LEFT**

- 25-26      Step LF forward, pivot ¼ turn right, transfer weight to RF

**27&28** Kick LF forward, step LF next to RF, touch right toe to side

**29&30** Cross RF behind LF, step LF to left side, RF to right side

**31&32** Touch left toe behind RF, unwind  $\frac{1}{2}$  turn left, ending weight on LF

**Start over...enjoy!**

**NOTE: In the last set of the song, you will be facing 9 O'clock on count 31, touch left toe behind RF, unwind  $\frac{3}{4}$  left on count 32 to end facing the front!**

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