

Eat & Sleep?

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Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: Jane Nilsson (SE) Oct. 2015

Music: Eat, Sleep, Love You, Repeat by Rodney Atkins. CD: Greatest Hits, iTunes

#16 counts intro, 112 BPM

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

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