

Eat Sleep Repeat

Choreographer : Celia Costa & Shirley Blankenship

Type of dance : 2 Wall

Level : High Beginner

Counts : 32

Intro : 16 counts

Music : Eat Sleep Love You Repeat – by Rodney Atkins



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No Tags - 1 Restart on Wall 3 after 16 counts

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

1-2 RF steps forward, LF steps forward
3&4 RF steps forward, LF steps next to RF, RF steps forward
5-6 LF rocks forward, recover onto RF
7&8 LF steps back, RF steps next to LF, LF steps forward

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

1-2 RF rocks forward, recover onto LF
3&4 RF steps back, LF steps next to RF, RF steps back
5-6 LF steps back, RF steps back
7&8 LF 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

1-2 RF rocks over LF, recover onto LF
3&4 RF steps to R side, LF steps next to RF, RF steps to R side
5-6 LF rocks over RF, recover onto RF
7&8 LF 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

1-2 RF 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)
5-6 RF rocks forward, recover onto LF
7-8 RF rocks back, recover onto LF

START 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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