

A Perfect Recipe

32 Count, 4 Wall, Improver

Choreographer: Gloria Stone (USA) Nov 2014

Choreographed to: Eat Sleep Love You Repeat by Rodney Atkins

Intro: 16

TOE HEEL STRUT RIGHT TWICE, LINDY RIGHT

- 1-4 Step right toe side, lower right heel, cross left toe over, lower left heel
5&6-7-8 Chassé side right-left-right, cross/rock left behind, recover to right

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

- 1-4 Step left side, cross right behind, turn ¼ left and step left forward, scuff right forward
5-6-7&8 Step right forward, turn ½ left (weight to left), chassé forward right-left-right

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

- 1-2-3&4 Rock left forward, recover to right, chassé back left-right-left
5-6-7&8 Turn ¼ left and step right back, turn ¼ left and step left forward, chassé forward right-left-right

ROCK FORWARD, RECOVER, COASTER STEP, JAZZ BOX

- 1-2-3&4 Rock left forward, recover to right, left coaster step
5-8 Cross right over, step left back, step right back, cross left over

ENDING On wall 7 facing 3:00

TOE HEEL STRUT RIGHT TWICE, LINDY RIGHT

- 1-4 Step right toe side, lower right heel, cross left toe over, lower left heel
5&6-7-8 Chassé side right-left-right, cross/rock left behind, recover to right

VINE LEFT ¼ TURN WITH SCUFF, ½ TURN TWICE

- 1-4 Step left side, cross right behind, turn ¼ left and step left forward, scuff right forward
5-6-7&8 Step right forward, turn ½ left (weight to left), step right forward, turn ½ left (weight to left)