

Ez'd Up Motown

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Helaine Norman – Nov 2016

Music: Ain't Too Proud To Beg by Temptations – Intro: 24 counts

Alt. music: My Girl by Temptations – Intro: On Vocal

No Tags Or Restarts.

I. K-STEP ENDING WITH TURN

- 1-2** Step R side, touch L beside
- 3-4** Step L side, touch R beside
- 5-6** Step R side, touch L beside
- 7-8** Step L side making $\frac{1}{4}$ turn left, brush R forward

Styling option: Touch forward instead of beside.

II. ROCKING CHAIRS

- 1-4** Rock R forward, recover L, rock R back, recover L
- 5-8** Rock R forward, recover L, rock R back, recover L

Styling option: For counts 1-2 alternate arms swinging around body. Swing L around front while swinging R around back on count 1. Reverse doing same on count 2. Repeat arm movements through all 8 counts. Fists can be clinched if desired.

Note: For more advanced dancers opt for a half turn on counts 5-8 instead of the rocking chair.

III. CLOSED JAZZ BOX, JAZZ BOX TURN

- 1-4** Step R across L, step L back, step R side, step L together
- 5-8** Step R across L, step L back, step R making $\frac{1}{4}$ turn right, step L together

Easier option beginners: Do only one jazz box turn with counts of 1-2-3-hold, 5-6-7-hold.

IV. TEMPTATION RIGHT SIDE, TEMPTATION WITH $\frac{1}{4}$ TURN LEFT

- 1-2** Rock R diagonally forward, recover on L

3-4 Step R diagonally forward, clap

5-6 Rock L diagonally forward, recover on R

7-8 Step L forward making $\frac{1}{4}$ turn left, clap

Begin dance again.

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Last Update - 15th Nov 2016