

# Ez'd Up Motown

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Helaine Norman (USA) - November 2016

Musique: Ain't Too Proud to Beg - The Temptations

ou: My Girl - The Temptations



Music 1: Intro: 24 counts

Music 2: 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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