

Ez'd Up Motown

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Helaine Norman (USA) - November 2016
音乐: Ain't Too Proud to Beg - The Temptations
或: 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 ¼ 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 ¼ 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 ¼ 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 ¼ turn left, clap

Begin dance again.

Contact: helaine43@gmail.com

Last Update - 15th Nov 2016