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Ez'd Up Motown

32 Count, 4 Wall, Beginner

Choreographer: Helaine Norman (FR) Nov 2016

Choreographed to: Ain't Too Proud To Beg by
The Temptations

Intro: 24 counts

Alt Music: My Girl by The Temptations - Intro: On Vocal

No tags or restarts.

Section 1 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.

Section 2 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.

Section 3 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.

Section 4 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.