

# Grand Mamou Waltz

拍数: 48      墙数: 4      级数: Beginner / Improver  
编舞者: Ed Adams (USA) - February 2023  
音乐: Grand Mamou - Waylon Thibodeaux  
或: The Gates of Regret - Plava Trava Zaborava



Dance begins after 2 counts

This dance is a modified version of Waltz With Ol' Frank by Melissa Lau (NZ): Thanks, Melissa!

Slower alternate: The Gates Of Regret (3:13) by Plava Trava Zaborava: Dance begins after 24 counts

## FWD WALTZ, BACK TOGETHER TOUCH, FWD 1/2 TURN LEFT, BACK WALTZ

1-3      Step L fwd, step R together, step L in place (12:00)  
4-6      Step R back, touch L together, hold  
1-3      Step L fwd turning 1/4 left, step R to right turning 1/4 left, step L next to R (6:00)  
4-6      Step R back, step L next to R, step R in place

## FWD WALTZ, BACK TOGETHER TOUCH, FWD 1/4 TURN LEFT, BACK WALTZ

1-3      Step L fwd, step R together, step L in place  
4-6      Step R back, touch L together, hold  
1-3      Step L fwd, turn 1/4 turn left stepping R next to L, step L next to R (3:00)  
4-6      Step R back, step L next to R, step R in place

## LEFT TWINKLE, RIGHT TWINKLE, FWD 1/4 TURN LEFT, BACK WALTZ

1-3      Cross L over R, step R to side, step L beside R  
4-6      Cross R over L, step L to side, step R beside L  
1-3      Step L fwd, turn 1/4 turn left stepping R next to L, step L next to R (12:00)  
4-6      Step R back, step L next to R, step R in place

## LEFT SIDE-BACK ROCK, RIGHT SIDE-BACK ROCK, FWD LOCK-STEP, 3/4 TURN LEFT (OR 1/4 TURN RIGHT)

1-3      Step L to side, rock R behind L, recover on L  
4-6      Step R to side, rock L Behind R, recover on R  
1-3      Step L fwd, lock R behind L, step R fwd  
4-6      Turn 1/4 left stepping R back, turn 1/2 left stepping L fwd, step R fwd (3:00)  
Or Rock R fwd, recover on L, turn 1/4 right stepping R fwd (1/4 turn right alternative)

NO TAGS, NO RESTARTS. (Using Grand Mamou music)

(Using The Gates Of Regret music) Beginning wall 5 (facing 12:00), do first 6 counts of the dance and then restart the dance.