

Grand Mamou Waltz

Count: 48

Wand: 4

Ebene: Beginner / Improver

Choreograf/in: Ed Adams (USA) - February 2023

Musik: Grand Mamou - Waylon Thibodeaux

oder: 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.