

4 MY ANGEL (MALAIKA)

RELEASED: December 2011

CHOREO: Gert-Jan & Susie Rotscheid

ADDRESS: Bachlaan 59, 3706 BW Zeist, The Netherlands

PHONE: +31 30-6925962 E-MAIL: rotscheid@tiscali.nl WEBSITE:

www.rotscheid.nl

MUSIC: CD: An Evening With Belafonte/Makeba, Track 9, download from Amazon.com

RHYTHM: STS TIME @ measures per minute: 3:14 @ 27 (recommended speed: 47 rpm)

PHASE (+): IV+2 (triple traveler, spiral) +3 unphased (R spot turn, diamond cross chasse, the square)

FOOTWORK: Opposite unless indicated (W's footwork in parentheses)

SEQUENCE: INTRO, A, B, A, B (MOD), END

MEAS. INTRODUCTION

1-4

1-2

3-4

OP/FCG PTR/WALL - WAIT;; APT, ACK; TO CP, TCH;

OPfcg pos fcg ptr & wall lead foot free - wait;;

apt L,-, pt R twds ptr,-; step tog R to CP/WALL,-, tch L to R,-;

PART A

1-4

1-2

3-4

2 OPEN BASICS;; SWITCHES;;

{2 open basics} sd L,-, open up to left 1/2 OP/RLOD XRIB, rec L; trng to fc ptr sd R,-, open

up to 1/2 OP/LOD XLIB, rec R;

{switches} fwd L changing sides & sharply trng RF to left 1/2 OP,-, fwd R, fwd L (W fwd R,-,

fwd L, fwd R) to end in left 1/2 OP/LOD; fwd R,-, fwd L, fwd R (W fwd L changing sides &

sharply trng RF to 1/2 OP,-, fwd R, fwd L) to end in 1/2 OP;

5-8

5

6

7

8

THE SQUARE;;;;

{the square} fwd L trng RF moving in front of W,-, sd R twd COH, XLIF (W fwd R,-, sd L twd

COH, XRIF) to end in left 1/2 OP fcg COH;

fwd R,-, sd L twd RLOD, XRIF (W fwd L trng RF moving in front of M,-, sd R twd RLOD, XLIF)

to end in 1/2 OP fcg RLOD;

fwd L trng RF moving in front of W,-, sd R twd WALL, XLIF (W fwd R,-, sd L twd WALL, XRIF)

to end in left 1/2 OP fcg WALL;

fwd R,-, sd L twd LOD, XRIF (W fwd L trng RF moving in front of M,-, sd R twd LOD, XLIF) to

end in BFLY/WALL;

9-12

9

10

11

12

SD BASIC; BASIC ENDING LADY WRAP; SWEETHEART RUN 3; PU IN 3 LOW BFLY;
{side basic} sd L, -, press R ft in bk of L, rec L;
{basic ending Lady wrap} keeping both hands jnd, sd R, -, ld W to trn
under ld hnds press L
ft in bk of R, rec R to fc LOD (W sd L,-, fwd & across R trng LF under
jnd ld hnds, cont LF trn
sd & fwd L to fc LOD) end in wrap pos fcg LOD;
{sweetheart run 3} in wrapped pos fwd L,-, fwd R, fwd L;
{PU in 3 to low Bfly} fwd R,-, fwd L, fwd R (W comm LF trn fwd L,-, trng
LF to fc ptr sd & bk
R, bk L) to end low BFLY/DLC;
13-16 DIAMOND X CHASSES 1/2 - FC DRW;; 2 TRAVELING X CHASSES;;

13-14

{dia X chasses 1/2 to fc RLOD} in low BFLY fwd L,-, sd & bk R with R sd
lead, XLIF (both
XIF) to end fcg DRC; bk R LF,-, sd & fwd L with L sd lead, XRIF (both
XIF) to end fcg DRW;

15-16

{2 traveling X chasses}
fwd L,-, trng LF with R sd lead step sd R, XLIF (both XIF) to end fcg
DRW; fwd R,-, trng RF
with L sd lead step sd L, XRIF (both XIF) to end fcg RLOD;

17-20 TRIPLE TRAVELER;;; BASIC ENDING to BFLY;
17 {triple traveler} to RLOD fwd L,-, fwd R, fwd L (W bk R trng LF,-, sd L trn under jnd ld hnds, cont LF trn on R to fc RLOD); fwd R spiraling LF under jnd ld hnds,-, fwd L, fwd R (W fwd L,-, fwd R, fwd L); fwd L bringing jnd hnds down & bk to ld W into a RF trn,-, fwd & sd R to fc WALL, XLIF (W fwd R comm RF trn,-, sd L cont RF trn under jnd ld hnds, fwd R to fc ptr);
20 {basic end} blending to BFLY sd R,-, press L ft in bk of R, rec R;
PART B
1-4 2 LUNGE BASICS [to a manuv];; R SPOT TURN IN 6 TO FACE RLOD;;
1-2 {2 lunge basics [to a manuv]} lunge sd L,-, rec R, XLIF (W XIF); sd R,-, rec L, XRIF (W XIF)
moving in front of W to a maneuver position;
3-4 {R spot turn} sd L trng RF in front of W to fc RLOD,-, XRIB start nat top action trng RF, sd L
cont RF trn (W fwd R trng RF to CP,-, sd L, XRIF); XRIB of L cont RF trn,-, sd L cont RF trn, XRIB (W sd L,-, XRIF, sd L) to end fcg RLOD;
5-8 RT OUTSIDE ROLL; QUICK VINE 4 TO LOP/LOD; SLOW STEP, SLOW SPIRAL TO FACE; 1 LUNGE BASIC;
5 {RT outside roll} bk L,-, trng RF & bk & sd R to fc COH while leading W to turn RF under jnd ld hnds, XLIF (W fwd R,-, twirl RF under jnd ld hnds L, R to fc ptr) to end fcg COH;
6 {quick vine 4} blending to BFLY sd R, XLIB (W XIB), sd R, XLIF (W XIF) to LOP/LOD;
7 {slow step, slow spiral} fwd R, -, fwd L spiral RF to fc ptr, -;
8 {1 lunge basic} blending to BFLY lunge sd R,-, rec L, XRIF (W XIF);
9-12 UNDERARM TURN; OPEN BREAK, REC TO CUDDLE; SLOW ROCK 2; CUDDLE PIVOT 3 FC WALL;
9 {underarm turn} sd L,-, press R ft in bk of L, rec L leading W to turn under jnd ld hnd (W sd R,-, XLIF of R to trn RF under ld hnds, rec R trng to fc ptr);
10 {open break, rec to cuddle} ld hnds jnd sd R,-, apt L, rec R to cuddle pos;
11 {slow rock 2} in cuddle pos rock sd L,-, rock sd R,-;
12 {cuddle pivot 3 fc wall} replace L ft very slightly bk & trng RF,-, cont trn fwd R about LOD, cont trn to fc WALL sd L;
13-16 BASIC ENDING; UNDERARM TURN; OPEN BREAK; CHANGE SIDES UNDERARM;
13 {basic end} sd R,-, press L ft in bk of R, rec R;
14 {underarm turn} sd L,-, press R ft in bk of L, rec L leading W to turn under ld hnd (W sd R,-, XLIF of R to trn RF under ld hnds, rec R trng to fc ptr);
15 {open break} with ld hnds jnd sd R,-, apt L, rec R;
16 {change sides underarm} fwd L twds W's R sd trng RF & leading W spiral LF,-, cont trn to fc COH sd R, XLIF (W fwd R twd M's R sd spiral LF under jnd ld hnds,-, cont

trn to fc WALL sd
L, XRIF) to fc COH;
17-20 OPEN BREAK; CHANGE SIDES UNDERARM; QK VINE 4 TO RLOD; LUNGE BASIC;
17 {open break} with ld hnds jnd sd R,-, apt L, rec R;
18 {change sides underarm} fwd L twds W's R sd trng RF & leading W
spiral LF,-, cont trn to fc
WALL sd R, XLIF (W fwd R twd M's R sd spiral LF under jnd ld hnds,-,
cont trn to fc COH sd
L, XRIF) to fc WALL;
19 {qk vine 4} blending to BFLY sd R, XLIB (W XIB), sd R, XLIF (W XIF);
20 {1 lunge basic} in BFLY lunge sd R,-, rec L, XRIF (W XIF) blending to
CP to start Part A;

4 MY ANGEL (MALAIKA) Gert-Jan & Susie Rotscheid
page 3 of 3

PART A

1-20

2 OPEN BASICS;; SWITCHES;; THE SQUARE;;; SD BASIC; BASIC ENDING LADY
WRAP; SWEETHEART RUN 3; PU IN 3 LOW BFLY; DIAMOND X CHASSES 1/2 - FC
DRW;; 2 TRAVELING X CHASSES;; TRIPLE TRAVELER;;; BASIC ENDING to BFLY;

1-20

repeat all of Part A

PART B (mod) (meas. 7, 19, 20 from Part B are omitted)

1-4 2 LUNGE BASICS [to a manuv];; R SPOT TURN IN 6 TO FACE RLOD;;
1-2 {2 lunge basics [to a manuv]} lunge sd L,-, rec R, XLIF (W XIF); sd
R,-, rec L, XRIF (W XIF)
moving in front of W to a maneuver position;

3-4

{R spot turn} sd L trng RF in front of W to fc RLOD,-, XRIB start nat
top action trng RF, sd L
cont RF trn (W fwd R trng RF to CP,-, sd L, XRIF); XRIB of L cont RF
trn,-, sd L cont RF trn,
XRIB (W sd L,-, XRIF, sd L) to end fcg RLOD;

5-8 RT OUTSIDE ROLL; QUICK VINE 4; 1 LUNGE BASIC; UNDERARM TURN;
5 {RT outside roll} bk L,-, trng RF & bk & sd R to fc COH while leading
W to turn RF under jnd

ld hnds, XLIF (W fwd R,-, twirl RF under jnd ld hnds L, R to fc ptr) to
end fcg COH;

6 {quick vine 4} blending to BFLY sd R, XLIB (W XIB), sd R, XLIF (W
XIF);

7 {1 lunge basic} in BFLY lunge sd R,-, rec L, XRIF (W XIF);

8 {underarm turn} sd L,-, press R ft in bk of L, rec L leading W to turn
under jnd ld hnd

(W sd R,-, XLIF of R to trn RF under ld hnds, rec R trng to fc ptr);

9-12

OPEN BREAK, REC TO CUDDLE; SLOW ROCK 2; CUDDLE PIVOT 3 FC WALL;

BASIC ENDING;

9 {open break, rec to cuddle} ld hnds jnd sd R,-, apt L, rec R to cuddle
pos;

10 {slow rock 2} in cuddle pos rock sd L,-, rock sd R,-;

11 {cuddle pivot 3 fc wall} replace L ft very slightly bk & trng RF,-,
cont trn fwd R about LOD,

cont trn to fc WALL sd L;

12 {basic end} sd R,-, press L ft in bk of R, rec R;

13-17 UNDERARM TURN; OPEN BREAK; CHANGE SIDES UNDERARM; OPEN BREAK;
 CHANGE SIDES UNDERARM;
 13 {underarm turn} sd L,-, press R ft in bk of L, rec L leading W to
 turn under ld hnd (W sd R,-,

 XLIF of R to trn RF under ld hnds, rec R trng to fc ptr);
 14 {open break} with ld hnds jnd sd R,-, apt L, rec R;
 15 {change sides underarm} fwd L twds W's R sd trng RF & leading W
 spiral LF,-, cont trn to fc

 COH sd R, XLIF (W fwd R twd M's R sd spiral LF under jnd ld hnds,-, cont
 trn to fc WALL sd

 L, XRIF) to fc COH;
 16 {open break} with ld hnds jnd sd R,-, apt L, rec R;
 17 {change sides underarm} fwd L twds W's R sd trng RF & leading W
 spiral LF,-, cont trn to fc

 WALL sd R, XLIF (W fwd R twd M's R sd spiral LF under jnd ld hnds,-,
 cont trn to fc COH sd
 L, XRIF) to fc WALL;

 END

 1-3 BASIC ENDING; TO A PROM SWAY; TO AN OVERSWAY;
 1 {basic ending} blending to CP/WALL sd R,-, press L ft in bk of R, rec
 R;
 2 {prom sway} sd & fwd L to SCP, with L sway [R sd stretch] stretch body
 upward to look over

 joined ld hnds,-,-;
 3 {to an oversway} slowly change sway to the R [L sd stretch],-,-,-;

