

4 MY ANGEL (MALAIKA)

RELEASED: December 2011

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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 **OP/FCG PTR/WALL - WAIT;; APT, ACK; TO CP, TCH;**
1-2 OPfcg pos fcg ptr & wall lead foot free - wait;;
3-4 apt L,-, pt R twds ptr,-; step tog R to CP/WALL,-, tch L to R,-;

PART A

1-4 **2 OPEN BASICS;; SWITCHES;;**
1-2 **{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;
3-4 **{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 **THE SQUARE;;;;**
5 **{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;
6 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;
7 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;
8 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 **SD BASIC; BASIC ENDING LADY WRAP; SWEETHEART RUN 3; PU IN 3 LOW BFLY;**
9 **{side basic}** sd L, -, press R ft in bk of L, rec L;
10 **{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;
11 **{sweetheart run 3}** in wrapped pos fwd L,-, fwd R, fwd L;
12 **{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 manuver 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;

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 manuver 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],-,-,-;