



# Malaika Helmut

<b>Choreographers:</b> Marcel Van Acker	<b>Release date:</b> December 2011
	<b>Rhythm &amp; Phase:</b> Rumba V+2 (Curl, Cont Adv Hip Twist) + 1 Unph (Full Moon)
	<b>Music:</b> Malaika by Helmut Lotti
CD « Out Of Africa » #3	<b>Time &amp; Speed:</b>
	<b>Footwork:</b> Opposite except where indicated (W's footwork in parentheses)
<b>E-mail:</b> marcel.icbd@gmail.com	<b>Sequence:</b> Intro ABC B AB B End

## INTRODUCTION

<b>1</b>	<b>Cucaracha 2x ; ;</b>	In FCG pos M Fc WALL Press sd L, rec R, cl L, - ; Press sd R, rec L, cl R, - ;
<b>2</b>	<b>Cucaracha Hook ;</b>	Press sd L, rec R, XLif, - ;
<b>3</b>	<b>Unwind to Fc ;</b>	Spin Rf ( <i>W Lf</i> ) on heel of L ft ( <i>W R ft</i> ) and toe of R ( <i>W L ft</i> ) to fc ptr, - , wght on R, - ; FC PTR

## PART A

<b>1</b>	<b>Start X - Body to ;</b>	In LOFCG fwd L, rec R, trng Lf ¼ sd L to COH, - ; ( <i>bk R, rec L, fwd R to M's right sd ending in "L" shaped position, - ;</i> )
<b>2 - 3</b>	<b>Tummy Chk ; (Hndshk) &amp; Bk ;</b>	Rk sd R hnd on W's tummy ( <i>W chk fwd L</i> ), Rec L ( <i>W Rec R</i> ), M cl R ( <i>W bk L</i> ), - to RGHT HNDSHK ; Rk sd L ( <i>W chk bk R</i> ), Rec R ( <i>W Rec L</i> ), M cl L ( <i>W fwd R</i> ), - ;
<b>4</b>	<b>Finish X - Body ;</b>	Bk R cont Lf turn, small fwd L, sd and fwd R, - ; ( <i>fwd L comm trn Lf, fwd R trng ½ Lf end w/R ft bk, sd and bk L, - ;</i> )
<b>5 - 6</b>	<b>Trade Places 2x ; ;</b>	w/R hnds jnd rk apt L, rec R trng ¼ Rf to fc LOD beh W then rel jnd R hnds, cont to trn Rf to fc ptr & WALL stepping sd & bk L twd COH ( <i>W rk apt R, rec L trng ¼ Lf to fc LOD in front of M then rel jnd R hnds, cont Lf trn to fc ptr &amp; COH stepping sd &amp; bk R twd WALL</i> ) jng L hnds, - ; w/L hnds jnd rk apt R, rec L trng ¼ Lf to fc LOD beh W then rel jnd L hnds, cont to trn Lf to fc ptr & COH stepping sd & bk R twd WALL ( <i>W rk apt L, rec R trng ¼ Rf to fc LOD in front of M then rel jnd L hnds, cont Rf trn to fc ptr &amp; COH stepping sd &amp; bk L twd COH</i> ) jng R hnds, - ;
<b>7</b>	<b>Trade Places w/Insd Undrm Turn ;</b>	Rk apt L, rec R comm to pass R shldr while trng ¼ Rf and keeping R hnds jnd, cont to trn Rf but slightly less than in meas 5 stepping sd L twd COH ( <i>W rk apt R, rec L, fwd R fwd WALL spiralling 7/8 Lf undr jnd R hnds to end almost fcg WALL</i> ), - ;
<b>8</b>	<b>W Roll Out to Hndshk ;</b>	Trng bdy Rf to fc WALL stp bk R, fwd L to WALL, fwd R ( <i>W fwd WALL L, fwd R trng ½ Lf to fc COH, sd &amp; bk L</i> ) joining R hnds to FCG POS WALL, - ;

## PART B

<b>1 - 4</b>	<b>Full Moon ; ; ; ; to Tandem No Hnds</b>	{Fcg Hndshk Pos X - Body to Varsou} fwd L, rec R, trng Lf ¼ sd L to COH ( <i>bk R, rec L, fwd R to M's right sd ending in "L" shaped position</i> ), - ; Bk R cont Lf turn, small fwd L, fwd R to Varsou ( <i>fwd L comm trn Lf, fwd R trng full Lf, fwd L to Varsou</i> ), - ; {Fwd Brk w/W Swivel X - Body to Tandem } fwd L w/bend knee ( <i>W fwd R</i> ), rec R trng ¼ Lf allowing W to Swivel ( <i>W Rec L swlg Rf twd M</i> ), sd L twd WALL ( <i>W fwd R</i> ), - ; Bk R cont Lf turn, release hndhld small fwd L, fwd R ( <i>fwd L comm trn Lf, fwd R trng full Lf, fwd L</i> ), - ; blend to TANDEM W in frt of M
<b>5 - 6</b>	<b>Opp Cucaracha 2x ; w/M Cross to Skaters ;</b>	Press sd L, rec R, cl L, - ; Press sd R, rec L, M XRif ( <i>W cl L</i> ), - ; SKATERS WALL

PART B cont

7	<b>Start Adv Sliding Door ;</b>	Press fwd L w/slt Rf bdy trn, rec R, XLib trng sltly Lf (W bk R w/slt Rf bdy trn, rec L trng bdy Lf, XRif), - ;
8	<b>W Duck Under &amp; Sync Roll to Fan Fc Coh ;</b>	Fwd R trng Rf [put fingers of R hnd on W's R shoulder allowing W to duck under], sd L twd RLOD comp Rf trn, Rec R fcg COH (W ducks under M's R arm changing wght from R ft / to L ft, fwd R trng Rf, Bk L to fan ), - ; FAN POS w/M FC COH
9	<b>Start Chkd Hockey Stick to Dbl Hndhld ;</b>	Rk fwd L, rec R, sm sd L ( <i>W cl R, fwd L, fwd R</i> ) jng both hnds in front of bodies, - ; M FC DRC LOW BfLY
10	<b>Rk Apt to Hndshk ;</b>	Rk bk R ( <i>Rk bk L</i> ), Rec L ( <i>Rec R</i> ), Rk Bk R ( <i>Rk bk L</i> ), - ; R HNDSK
11	<b>Fwd Break / W Spiral to M's Headloop ;</b>	Rk fwd L, rec R, fwd L trng Rf and ld W to spiral undr R arms while looping R arm ovr M's head ( <i>W bk R, rec L, fwd R sprl Lf</i> ) then rel R hnds blending to L ½ OP LOD, - ;
12 (1)	<b>Cuddle Pivot (Cp Wall) ;</b>	XRib pvtg Rf, sd L comp pvt Rf to fc WALL w/arms arnd W, small fwd R between W's ft (W small pivotg placing arms on M's shldrs L, R, sd L) to CP WALL, - ;
12 (2)	<b>Cuddle Pivot (Ld Hndhold Wall) ;</b>	12 (1) to LD HANDHOLD WALL
12 (3)	<b>Cuddle Pivot (Hndshk Wall) ;</b>	12 (1) to HNDSHK WALL
12 (4)	<b>Cuddle Pivot to Wall ;</b>	12 (1) to CUDDLE POS WALL

**PART C**

1 - 4	<b>Cont Adv Hip Twist ; ; ; ;</b>	Trng upper body Rf step fwd L, rec R to fc WALL, XLIB of R ( <i>W swvl ½ Rf on L to stp bk R, rec L swvl ½ Lf, fwd R in BJO swvl ¼ Rf</i> ), - ; Rk sd R, rec L, slip Rif of L trng ¼ Rf to fc RLOD ( <i>W fwd L swvl Lf, fwd R, fwd L to BJO</i> ), - ; Trng upper body Rf stp fwd L, rec R to fc RLOD, XLib of R ( <i>W swvl ½ Rf on the L to stp bk R, rec L swvl ½ Lf, fwd R in BJO swvl ¼ Rf</i> ), - ; Rk sd R, rec L, slip Rif of L trng ¼ Rf to fc COH ( <i>W fwd L swvl Lf, fwd R, fwd L to BJO</i> ), - ;
5 - 6	<b>Cuddle 2x ; Ld Hndhold ;</b>	Sd L releasing ld hnds trng upper body Rf ld W to open, rec R return W to CP, cl L ( <i>Swvl Rf on L w/R sd stretch sd R extending R arm, rec L comm Lf trn, fwd &amp; sd R placing R hnd on M's L shldr</i> ), - ; Sd R trng upper body Lf ld W to LOP, rec L return W to CP, cl R ( <i>Swvl Lf on R w/L sd stretch sd L extending L arm, rec R comm Rf trn, fwd &amp; sd L placing L hnd on M's R shldr</i> ), - ;
7 - 8	<b>Adv Hockey Stick ; ; Hndshk</b>	Fwd L, rec R trng ¼ Rf, sd L ( <i>W bk R, rec L, fwd R</i> ) - ; bk R raisg ld hnds to form window, rec L trng Rf 1/4, twd DRW fwd R ( <i>W fwd L, fwd R &amp; spiral 3/8 Lf, bk L</i> ) to LOP - FCG DRW, - ;

**ENDING**

1 - 2	<b>Cuddle 2x ; ;</b>	C 5 - 6
3	<b>Curl ;</b>	Fwd L, rec R, sd L ldg W to trn Lf undr raised ld hnds ( <i>W bk R, rec L, sm fwd R &amp; spiral Lf 1/2</i> ) to end in WRP WALL w/ld hnds jnd in frt of W's waist, - ;
4	<b>Hold W Trans ;</b>	- , - , - , - ( <i>W chg wght to L</i> ) ;
5	<b>Sd to Stork Line ;</b>	Sd R, - , - , - ( <i>W sd R, stretch R sd extend R arm up &amp; raise L ft up to R knee, -, cont stretch, -</i> );

## Head Cues

Rumba V+2 (Curl, Cont Adv Hip Twist) + 1U (Full Moon)  
Intro ABC B AB B End

### Intro (Fcg M Fc Wall - No Hnds - No Wait)

Cuca 2x ; ; Cuca Hook ; Unwind to Fc ;

#### A

Start X - Body to ; Tummy Chk & Bk ; (Hndshk) ;  
Finish X - Body ;  
Trade Places 2x ; ;  
Trade Places w/Insd Undrm Turn ; W Roll Out to Hndshk ;

#### B

Full Moon ; ; ; Tandem No Hnds ;  
Opp Cuca 2x ; w/M Cross to Skaters ; Start Adv Sliding Door ;  
W Duck Under & Sync Roll to Fan Fc Coh ;  
Start Chkd Hockey Stick to Dbl Hndhld ; Rk Apt to Hndshk ;  
Fwd Break / W Spiral to M's Headloop ;  
**1:** Cuddle Pivot (Cp Wall) ;  
**2:** Cuddle Pivot (Ld Hndhold Wall) ;  
**3:** Cuddle Pivot (Hndshk Wall) ;  
**4:** Cuddle Pivot to Wall ;

#### C

Cont Adv Hip Twist ; ; ; ;  
Cuddle 2x ; Ld Hndhold ; Adv Hockey Stick ; Hndshk ;

#### End

Cuddle 2x ; ;  
Curl ; Hold W Trans ; Sd to Stork Line ;

