

## MY ANGEL (MALAIKA)

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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 (+):** V+ 2 unphased (diamond cross chasse, the square)  
**FOOTWORK:** Opposite unless indicated (W's footwork in parentheses)  
**SEQUENCE:** **INTRO, A, B, A, C, 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 **BASIC;; W ACROSS TO LOP/LOD; SLOW STEP, SLOW SPIRAL ;**  
1-2 **{basic}** in CP/wall sd L, -, press R ft in bk of L, rec L; sd R, -, press L ft in bk of R, trng to fc LOD rec R (W rec L starting to move LF in front of M) ;  
3 **{W ACROSS to LOP/LOD}** fwd L LOD, -, fwd R, fwd L (W trng LF sd & bk R, -, cont trn sd & fwd L, fwd R) to LOP/LOD;  
4 **{slow step, slow spiral}** fwd R, -, fwd L spiral RF to almost fc LOD, -;

5-8 **HORSESHOE TURN;; BASIC ENDING; RIFF TURN;**  
5-6 **{horseshoe turn}** sd R trng RF to fc LOD, -, fwd L w/ checking action, rec R (W sd L trng LF to fc LOD, -, fwd R w/ checking action, rec L) end LOP/LOD;  
fwd L comm circular walk CCW, -, raising jnd lead hnds fwd R cont circular walk, fwd L completing circular walk to fc WALL (W fwd R comm RF circular walk CW, -, fwd L cont RF circular walk under jnd lead hnds, fwd R complete circular walk to fc WALL) end BFY/WALL;  
7 **{basic ending}** sd R, -, press L ft in bk of R, rec R;  
8 **{riff turn}** sd L raising jnd ld hnd to lead W to spin RF, cl R, sd L raising jnd ld hnd to lead W to spin RF, cl R (W sd & fwd R comm RF spin, complete spin on R cl L, W sd & fwd R comm RF spin, complete spin on R cl L to fc ptr);

9-12 **SD BASIC; REV UNDERARM TO A WRAP ; SWEETHEART RUN 3; PU IN 3 LOW BFLY;**  
9 **{side basic}** sd L, -, press R ft in bk of L, rec L;  
10 **{rev underarm to a 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;**  
 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 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      **2 LUNGE BASICS;; TRAVELING RT ; OUTSIDE ROLL - W IN 2 TO SHADOWDLW;**  
 9-10      **{2 lunge basics}** lunge sd L,-, rec R, XLIF (W XIF); lunge sd R,-, rec L, XRIF comm to move in front of W (W XIF);  
 11      **{traveling RT}** cont RF trn crossing in front of W sd & bk L to fc RLOD,-, XRIB, twist trn RF 5/8 on both ft to fc DLW & change weight to L (W fwd R between M's ft,-, fwd L, fwd R arnd M) to end M fcg about DLC;  
 12      **{outside roll - W in 2 to shadow/DLW}** fwd R outsd W raiging jnd ld hnd to ld W to trn RF,-, sd & fwd L, fwd R (W sd & fwd L arnd M comm RF roll or RF spiral,-, cont trn to fc DLW fwd R,-) to end shadow/DLW [more WALL than LOD] both with left ft free [**same footwork up to and including measure 17**];
- 13-16      **(LF) 1 TRAVELING X CHASSE; 1 TURNING TRAVELING X CHASSE;**  
             **2 BACK TRAVELING X CHASSES TO FACE WALL-HANDS ON HER HIPS;;**  
 13      **{1 traveling X chasse}** fwd L twds DLW,-, trng LF right sd lead sd R DLW, XLIF to end shadow/LOD;  
 14      **{1 turning traveling X chasse}** fwd R LOD,-, trng RF left sd lead sd L twds LOD, XRIF to end fcg DRW;  
 15-16      **{2 back traveling X chasses}** bk L,-, trng RF trn sd & bk R twd DLC, XLIF to end fcg about RLOD; bk R,-, trng LF to fc WALL sd & bk L, XRIF M placing his hands on the W's hips;
- 17-20      **SHADOW LUNGE BASIC; STEP SIDE M SIT LINE (W ARM OVER & DEVELOPE); FWD, FC, CLOSE; SLOW ROCK 2;**  
 17      **{shadow lunge basic}** lunge sd L,-, rec R, XLIF;  
 QQS 18      **{step side M sit line - W arm over & developpe}** step sd R trng to fc LOD, step bk L starting sit line placing R hnd on W's back to support her, extend sit line,-  
 S--      (W sd R trng to fc LOD,-, bring L arm over M's shoulders & L ft up along R leg to inside of R knee, extend L leg & ft fwd) [**now opp ftwork**];  
 19      **{fwd 3 to face}** fwd R,-, fwd L trng to fc ptr, close R to end CP/WALL;

20 {slow rock 2} rock side L,-, rock side R,-;

**PART A**

1-20 **BASIC;; LT TO LOP/LOD; SLOW STEP, SLOW SPIRAL (S,S); HORSESHOE TURN;;  
BASIC ENDING; RIFF TURN; SIDE BASIC; REV UNDERARM TO A WRAP ;  
SWEETHEART RUN 3; PU IN 3 LOW BFLY; DIA X CHASSES 1/2 - FC RLOD;;  
2 TRAVELING X CHASSES;; TRIPLE TRAVELER;;; BASIC ENDING;**

1-20 repeat all of Part A

**PART C**

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; 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 **{vine 4}** blending to BFLY sd R, XLIB (W XIB), sd R, XLIF (W XIF) to face ptr;  
7 **{1 lunge basic}** 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/SIT LINE, REC TO CUDDLE; SLOW ROCK 2; CUDDLE PIVOT 3 FC  
WALL; BASIC ENDING;**  
9 **{open break/sit line, rec to cuddle}** ld hnds jnd sd R,-, apt L to a sit line, 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 tm 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;  
**{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; PROM SWAY; CHANGE SWAY;**  
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 **{change sway}** slowly change sway to the R [L sd stretch],-,-,-;