4 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 (+):  
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 L; step tog R to CP/WALL,L, 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, XLIB (W fwd R,-, sd L twd COH, XLIB) to end in left 1/2 OP fcg COH;  
6 fwd R,-, sd L twd RLOD, XLIB (W fwd L trng RF moving in front of M,-, sd R twd RLOD, XLIB) to end in 1/2 OP fcg RLOD;  
7 fwd L trng RF moving in front of W,-, sd R twd WALL, XLIB (W fwd R,-, sd L twd WALL, XLIB) to end in left 1/2 OP fcg WALL;  
8 fwd R,-, sd L twd LOD, XLIB (W fwd L trng RF moving in front of M,-, sd R twd LOD, XLIB) 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, XLIB (both XIF) to end fcg DRC; bk R LF,-, sd & fwd L with L sd lead, XLIB (both XIF) to end fcg DRW;  
15-16 {2 traveling X chasses}  
fwd L,-, trng LF with R sd lead step sd R, XLIB (both XIF) to end fcg DRW; fwd R,-, trng RF with L sd lead step sd L, XLIB (both XIF) to end fcg RLOD;
TRIPLE TRAVELER;; BASIC ENDING to BFLY;
{triple traveler} to RLOD fwd L,-, f wd R, f wd L (W bk R trng LF,-, sd L trn under jnd ld h nds, cont LF trn on R to fc RLOD); f wd R spiraling LF under jnd ld h nds,-, f wd L, f wd R (W f wd L,-, f wd R, f wd L); f wd L bringing jnd h nds down & bk to ld W into a RF trn,-, f wd & sd R to fc WALL, XLIF (W f wd R comm RF trn,-, sd L cont RF trn under jnd ld h nds, f wd R to fc ptr);
{basic end} blending to BFLY sd R,-, press L ft in bk of R, rec R;

PART B

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

RT OUTSIDE ROLL; QUICK VINE 4 TO LOP/LOD; SLOW STEP, SLOW SPIRAL TO FACE; 1 LUNGE BASIC;
{RT outside roll} bk L,-, trng RF & bk & sd R to fc COH while leading W to turn RF under jnd ld h nds, XLIF (W f wd R,-, twirl RF under jnd ld h nds L, R to fc ptr) to end fcg COH;
{quick vine 4} blending to BFLY sd R, XLIF (W XIF), sd R, XLIF (W XIF) to LOP/LOD;
{slow step, slow spiral} f wd R,-, f wd L spiral RF to fc ptr,-;
{1 lunge basic} blending to BFLY lunge sd R,-, rec L, XRIF (W XIF);

UNDERARM TURN; OPEN BREAK, REC TO CUDDLE; SLOW ROCK 2; CUDDLE PIVOT 3 FC WALL;
{underarm turn} sd L,-, press R ft in bk of L, rec L leading W to turn under jnd ld h ndd (W sd R,-, XLIF of R to trn RF under ld h nds, rec R trng to fc ptr);
{open break, rec to cuddle} ld h nds jnd sd R,-, apt L, rec R to cuddle pos;
{slow rock 2} in cuddle pos rock sd L,-, rock sd R,-;
{cuddle pivot 3 fc wall} replace L ft very slightly bk & trng RF,-, cont trn f wd R about LOD, cont trn to fc WALL sd L;

BASIC ENDING; UNDERARM TURN; OPEN BREAK; CHANGE SIDES UNDERARM;
{basic end} sd R,-, press L ft in bk of R, rec R;
{underarm turn} sd L,-, press R ft in bk of L, rec L leading W to turn under ld h ndd (W sd R,-, XLIF of R to trn RF under ld h nds, rec R trng to fc ptr);
{open break} with ld h nds jnd sd R,-, apt L, rec R;
{change sides underarm} f wd L twds W's R sd trng RF & leading W spiral LF,-, cont trn to fc COH sd R, XLIF (W f wd R twd M's R sd spiral LF under jnd ld h nds,-, cont trn to fc WALL sd L, XRIF) to fc COH;

OPEN BREAK; CHANGE SIDES UNDERARM; QK VINE 4 TO RLOD; LUNGE BASIC;
{open break} with ld h nds jnd sd R,-, apt L, rec R;
{change sides underarm} f wd L twds W's R sd trng RF & leading W spiral LF,-, cont trn to fc WALL sd R, XLIF (W f wd R twd M's R sd spiral LF under jnd ld h nds,-, cont trn to fc COH sd L, XRIF) to fc WALL;
{qk vine 4} blending to BFLY sd R, XLIF (W XIB), sd R, XLIF (W XIF);
{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, XRIF (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, rock sd R, rec L, XRIF (W XIF);

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, XRIF (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, XRIF (W XIF), sd R, XRIF (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, XRIF 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 R, rec 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, XRIF 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, XRIF (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, XRIF (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];