

# Malhao

(Portugal)

This couple dance is from Vila Nova de Gaia in northwest Portugal. It has been danced for more than 100 years. It was first taught by Louise and Germain Hebert, Yves Moreau and Marianne Taylor.

Pronunciation: mah-YEOW

Music: 2/4 meter *Dances of Portugal*, Track #1

Formation: Partners face each other in contra lines.

Steps & Styling: Basic step: Facing partner, step R back (ct 1); step L next to R (ct 2); step R fwd (ct 3); hold (ct 4). Arms swing easily down, back and up again. Can be done with opp ftwk and direction.

Side steps: 3 steps to own right (R-L-R) while facing to R (cts 1-2-3). Lift on R to swiveling on R to face L (ct 4). Can be done with opp ftwk and directions.

Arms and Hands. Arms for both M and W are raised in Part I and extended above shoulder height to each side, slight ahead and palms facing out. When clapping hands, palms are flat, fingers spread and extended, and the clap is at face height.

<u>Meas</u>	<u>2/4 meter</u>	<u>Pattern</u>
One note	<u>NO INTRODUCTION</u> . No action.	
I.	<u>TWO LINES FACING AND MOVING IN OPPOSITE DIRECTIONS</u>	
1	Dance Side Steps, starting to R to R. Arms for both M and W are raised in Part I and extended above shoulder height to each side, slight ahead and palms facing out.	
2	Dance Side Steps, starting to L to L.	
3-9	Repeat measures 1-2 three times then, facing ptr, three steps R-L and touch R next to L.	
II.	<u>BACKWARD AND FORWARD</u>	
1	Facing ptr, do the Basic Step R-L-R with arms swinging down and back.	
2	Still facing ptr, step L-R-L in place while clapping hands on each step.	
3-8	Repeat 1-2 three times.	
III	<u>BACK AND TURN</u>	
1	Dance Basic Step R-L-R, with arms swinging down and back.	
2	Turn right (CW) in place with 3 steps, L-R-L, beg with L crossing in front of R. Arms are held over the head in a graceful curve during the turn.	
3-4	Basic step as in Figure II meas 1-2.	
5-8	Repeat 1-4.	

Sequence:

Repeat the entire dance. On the fifth repeat of the dance, there are only 8 measures in Figure I so OMIT the 3 steps at the end of Figure I.

Presented by Andy Taylor-Blenis