

Malhão

(Portugal)

Malhão (mahl-OW) was learned by Dean and Nancy Linscott from films of a group directed by Manuel Duarte Pereira Vale, from Vila Nova de Gaia in northwest Portugal. The dance has been preserved in essentially the same form for more than 100 years, and the song that goes with it tells about a lazy character (the malhão) who never worked, but led an easy life of singing, dancing, eating and drinking. It was presented by Dean and Nancy Linscott at the 1978 Mendocino Folklore Camp.

MUSIC: Record: Festival (EP) 501

FORMATION: Cpls in longways, hands relaxed and free at sides.

STEPS and STYLING: Swing hands and arms up naturally to clap own hands together at about face level and then swing down free at sides when finished.

Steps are described for M; W dance mirror image.

MUSIC 2/4

PATTERN

Measures

Upbeat + 4 INTRODUCTION Stand in place. Beg dance after 1 1/2 cts of vocal.

I. FORWARD and BACKWARD

- 1 Step fwd on L (ct 1); step slightly fwd on R, clap hands (ct 2); step on L in place. clap hands (ct &).
- 2 Step bkwd on R, clap hands (ct 1); step bkwd on L, lower hands (ct 2); step on R in place (ct &).
- 3-8 Repeat action of meas 1-2 three more times (4 total).

II. TURN

- 9-10 Bring arms up so that hands are about head level and elbows are about shldr level and straight out to the sides. Beg by stepping on L across in front of R, turn once CW in place with 4 steps L,R,L,R (cts 1,2,&,1); lower hands to sides and step bkwd on L away from ptr (ct 2); step on R in place (ct &).
- 11-12 Repeat action of Fig I, meas 1-2.
- 13-16 Repeat action of meas 9-12 (Fig II).
- Repeat dance from beg (4 times total). End with 2 slow claps on the last 2 beats of music.

