

Malhão

(Portugal)

Pronunciation: [maj -a-o]

Source: A simple form of a dance which comes from Villanova de Gaia in Portugal

Formation: A longwise set of person facing person (in two lines)

Music: Peixinho Vermelho CECM 1981

Part 1 (instrumental music -- Introduction and interlude)

Facing own R (up and down lines), arms are up with elbows at shoulder height, and hands in loose fists.

bar 1 left on L foot (&), step R forward (down side of line) (1), step L next to R (&), step R (2)

bar 2 repeat bar 1 with opp ftwrk and in opposite direction, use the lift (&) to change directions

bars 3-8 repeat 3 more times

bar 9 pause (&), facing partner stamp R three times

Part 2 (claps) - facing partner

bar 1 lift on L foot (&), Step R back (1), Step L back (&), Step R forward (2), arms are down.

bar 2 pause (&), step L in place, clap (1), step R in place, clap (&), Step L in place, clap (2)

bar 3-8 repeat bars 1-2, 3 more times.

Part 3 (turns)

bar 1 same as bar 1, part 2

bar 2 pause (&) Turning over the right shoulder, step L (1), R (&), L (2)

bar 3 same as bar 1, part 2

bar 4 same as bar 2, part 2

bars 5-8 repeat bars 1-4, part 3.

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