

Mal O Mains

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CD: Le Meilleur De Sanseverino, Track 4 Artist: Sanseverino Available from Amazon

Rhythm: Two Step RAL Phase II + 2 [Strolling Vine, Fishtail]

Footwork: Opposite unless noted (Woman's Footwork in parentheses)

Timing: Standard RAL 2 Step (QQS) unless noted. Time @ 45 RPM: 3:00 Difficulty Level - Moderate

Sequence: Intro-A-B-A-B-C-D-A-B-End Released: Nov 1, 2016

Meas

INTRODUCTION

1 - - 4 IN OP/FCNG WAIT 2 MEAS; APT, PT; TOG CP/WALL, TCH;

SS; 1 - 2 Op Fcng DLW Ld Ft free for both Wait 2 meas.,;

SS; 3 - 4 Apt L, -, pt R twd ptr, -; Tog R to CP/WALL, -, tch L, -;

5 - - 8 FWD HITCH; SCIS THRU; STRUT 4 TO FC;;

5 [Fwd Hitch] Fwd L, cl R to L, bk L, -;

6 [Scis Thru] Sd R, cl L to R, XRIF to SCP, -;

SS:SS: 7 - 8 [Strut 4] Progressing LOD with upper body swagger fwd L, -, fwd R, -; Fwd L, -, fwd R trng RF to CP/WALL, -;

PART A

1 - - 4 LEFT TRNG BOX;;;;

1 - 4 [Lft Trng Box] Sd L, Cl R to L, Fwd L trng ¼ LF; -, -; Sd R, Cl L to R, Bk R trng ¼ LF, -; Sd L, Cl R to L, Fwd L trng ¼ LF; -, -; Sd R, Cl L to R, Bk R trng ¼ LF to CP/WALL, -;

5 - - 8 BK HITCH; SCIS THRU; HITCH DBL TO FC;;

5 [Bk Hitch] Bk L, cl R to L, fwd L, -;

6 [Scis Thru] Sd R, cl L to R, XRIF to SCP, -;

7 - 8 [Hitch Dbl] Fwd L, cl R to L, bk L, - (Fwd R, cl L to R, bk R, -); Bk R, cl L to R, fwd R, - (Bk L, cl R to L, fwd L, -trng LF to fc ptr); trng RF to fc ptr;

9 - 12 BROKEN BOX;;;;

QQS:SS: 13 - 16 [Broken Box] Sd L, cl R to L, fwd L, -; Rk fwd R, -, rec L, -;

QQS:SS: Sd R, cl L to R, bk R, -; Rk bk L, -, rec R, -;

PART B

1 - - 4 STROLLING VINE;;;;

QQS:SS: 1 - 4 [Strolling Vine] Sd L, -, XRIB, -; Sd L, Cl R to L commencing LF Trn, Fwd L completing ½ LF Trn Fc COH; Sd

QQS:SS: R, -, XLIB, -; Sd R, Cl L to R commencing LF Trn, Fwd R completing ½ RF Trn Fc Wall;

5 - - 8 CIRCLE AWAY 2 2 STPS;; STRUT TOG 4;;

5 - 6 [Circle Away 2 2 Stps] Separating from ptr & moving away in a curving pattern fwd L, cl R to L, fwd L, -; continuing curving pattern away from ptr fwd R, cl L to R, fwd R completing curve to fc ptr 4-6 ft apt, -;

SS:SS: 7 - 8 [Strut Tog 4] With Upper body swagger fwd L, -, fwd R, -; Fwd L, -, fwd R, - to CP/Wall;

9 - - 12 2 TRNG 2 STPS FC LOD;; PROG SCIS;;

9 - 10 [Two Trng 2 Stps] Sd L, cl R to L, stp diag X line of prog pvt ½ RF on L, -; Sd R, cl L to R, sd R pvt ¼ RF on R, - (Sd R, cl L to R, sd R pvt ½ RF on R, -; Sd L, cl R to L, stp diag X line of prog pvt ¼ RF on L, -;) to CP/LOD -;

11 - 12 [Prog Scis] Sd L, Cl R to L, XLIF to SCAR, -; Blend to Fc Sd R, Cl L to R, XRIF to BJO, - Fc DLC;

13 - 16 FISHTAIL; WK & FC; TWIRL 2; WK 2;

QQQQ: 13 [Fishtail] XLIB w/fwd Prog, Fwd R, Fwd L, XRIB w/fwd Prog;

SS: 14 [Wk, Fc] Fwd L, -, fwd R trng RF to fc ptr, -;

SS: 15 [Twirl 2] Sd L raising ld hnd, -, cl R to L, - (Sd & fwd R trng ½ RF under joined ld hnds, -, sd & bk L to fc ptr, - to SCP;) to SCP;

SS: 16 [Wk 2] Fwd L, -, fwd R trng RF to fc ptr, -;

REPEAT **A**

REPEAT **B**

PART C**1 - - 4 LACE X; FWD 2 STEP; LACE X; FWD 2 STEP; (LACE UP;;;)**

1 - 2 [Lace Across] Passing beh W with lead hnds joined moving diagonally across LOD fwd L, fwd R, fwd L, -
(Passing in front of M under joined lead hnds moving diagonally across LOD fwd R, fwd L, fwd R, -);

[Fwd 2 Stp] Fwd R, cl L to R, fwd R, -;

3 - 4 [Lace Across] Passing beh W with trail hnds joined moving diagonally across LOD fwd L, fwd R, fwd L, -
(Passing in front of M under joined trail hnds moving diagonally across LOD fwd R, fwd L, fwd R, -);

[Fwd 2 Stp] Fwd R, cl L to R, fwd R, - trng RF to Fc ptr & WALL;

5 - - 8 SCIS THRU RLOD; WK 2; SCIS THRU LOD; WK, PU;

QQS; 5 [Scis Thru] Sd L, cl R to L, XLIF to LOP/RLOD, -;

SS; 6 [Wk 2] Fwd L, -, fwd R, - trng LF to fc ptr;

QQQQ; 7 [Scis Thru] Sd R, cl L to R, XRIF to SCP, -;

SS; 8 [Wk, PU] Fwd L, -, small fwd R, - (fwd R commence LF trn, -, sd & bk L to fc ptr) to CP/LOD;

9 - 12 TRAVELING SCIS;;;;

QQS;SS; 9 - 12 [Traveling Scissors] Sd L, Cl R to L, XLIF to SCAR, -; Fwd, R, - fwd L, -; Blend to Fc Sd R, Cl L to R, XRIF to
BJO, - Fc DLC; Fwd L, -, fwd R, - to BJO/DLC;

13 - 16 FWD HITCH; HITCH SCIS TO FC; 2 TRNG 2 STPS;;

13 [Fwd Hitch] Fwd L, cl R to L, bk L, -;

14 [Hitch/Scis to Fc] Bk R, cl L to R, fwd R trng RF, - (fwd L commence RF trn, cl R to L, XLIF, -;) to CP/Wall;

15 - 16 [Two Trng 2 Stps] Sd L, cl R to L, stp diag X line of prog pvt ½ RF on L, -; Sd R, cl L to R, sd R pvt ½ RF on R, -
(Sd R, cl L to R, sd R pvt ½ RF on R, -; Sd L, cl R to L, stp diag X line of prog pvt ½ RF on L, -;) to ??? -;

PART D**1 - - 6 2 FWD 2 STPS;; CIRCLE CHASE;;;;**

1 - 2 [Two Fwd Two Steps] Fwd L, Cl R to L, Fwd L, -; Fwd R, Cl L to R, Fwd R, -;

3 - 6 [Circle Chase] Starting from SCP facing LOD begin to travel individually in a LF circular pattern fwd L, cl R, fwd
L to Tandem (W beh M, -; cont to curve individually fwd R, cl L, fwd R to LOP side by side fcng RLOD, -; cont to
curve individually fwd L, cl R, fwd L to Tandem (M beh W), -; completing the circular pattern fwd R, cl L, fwd R to
end in CP/WALL, -;

7 - - 10 TWIRL 2; SD 2 STP; RK THRU, REC; SD 2 STP;

SS; 7 [Twirl 2] Sd L raising ld hnd, -, cl R to L, - (Sd & fwd R trng ½ RF under joined ld hnds, -, sd & bk L to fc ptr, -);

QQS; 8 [Sd 2 Stp] Sd L, cl R to L, sd L, -;

SS; 9 [Rk Thru, Rec] XRIF, -, rec L, -;

QQS; 10 [Sd 2 Stp] Sd R, cl R to L, sd R, -;

11 - 14 RK THRU, REC; SD 2 STP SCP; STRUT 3 TO FC & TCH;

SS; 11 [Rk Thru, Rec] XLIF, -, rec R, -;

QQS; 12 [Sd 2 Stp] Sd L, cl R to L, sd L, -;

SS;S-; 13 - 14 [Strut 3 to Fc & Tch] With Swagger fwd R, -, fwd L, -; Fwd R with RF trn to fc pter, -, tch R to L, -;

REPEAT **A**

REPEAT **B**

END**1 - - 4 STROLLING VINE;;;;**

QQS;SS; **1 - 4** [Strolling Vine] Sd L, -, XRIB, -; Sd L, Cl R to L commencing LF Trn, Fwd L completing ½ LF Trn Fc COH; Sd R, -, XLIB, -; Sd R, Cl L to R commencing LF Trn, Fwd R completing ½ RF Trn Fc Wall;

5 - - 8 CIRCLE AWAY 2 2 STPS;; STRUT TOG 4;;

5 - 6 [Circle Away 2 2 Stps] Separating from ptr & moving away in a curving pattern fwd L, cl R to L, fwd L, -; continuing curving pattern away from ptr fwd R, cl L to R, fwd R completing curve to fc ptr 4-6 ft apt, -;

SS;SS; **7 - 8** [Strut Tog 4] With Upper body swagger fwd L, -, fwd R, -; Fwd L, -, fwd R, - to CP/Wall;

9 - - 12 2 TRNG 2 STPS FC LOD;; PROG SCIS;;

9 - 10 [Two Trng 2 Stps] Sd L, cl R to L, stp diag X line of prog pvt ½ RF on L, -; Sd R, cl L to R, sd R pvt ¼ RF on R, - (Sd R, cl L to R, sd R pvt ½ RF on R, -; Sd L, cl R to L, stp diag X line of prog pvt ¼ RF on L, -;) to CP/LOD -;

11 - 12 [Prog Scis] Sd L, Cl R to L, XLIF to SCAR, -; Blend to Fc Sd R, Cl L to R, XRIF to BJO, - Fc DLC;

13 - 16 FISHTAIL; WK & FC; TWIRL 2; WK 2;

QQQQ; **13** [Fishtail] XLIB w/fwd Prog, Fwd R, Fwd L, XRIB w/fwd Prog;

SS; **14** [Wk, Fc] Fwd L, -, fwd R trng RF to fc ptr, -;

SS; **15** [Twirl 2] Sd L raising ld hnd, -, cl R to L, - (Sd & fwd R trng ½ RF under joined ld hnds, -, sd & bk L to fc ptr, - to SCP;) to SCP;

SS; **16** [Apt, Pt] Stp apt L, -, pt R, -;

Quick CuesMal O Mains

(Phase II + 2 – Two Step)

(Strolling Vine, Fishtail)

(Weiss)

Intro Op Fcng Wait 2;; Apt, Pt; Tog CP, Tch;
Fwd Hitch; Scis Thru; Strut 4 to Fc;

A Left Trng Box;;;
Bk Hitch; Scis Thru; Hitch Dbl to Fc;;
Broken Box;;;;

B Strolling Vine;;;;
Circle Away 2 2 Stps;; Strut Tog 4;;
2 Trng 2 Stps Fc LOD;; 2 Prog Scis;;
Fishtail; Wk & Fc; Twirl 2; Wk & Fc;

A Left Trng Box;;;;
Bk Hitch; Scis Thru; Hitch Dbl to Fc;;
Broken Box;;;;

B Strolling Vine;;;;
Circle Away 2 2 Stps;; Strut Tog 4;;
2 Trng 2 Stps Fc LOD;; 2 Prog Scis;;
Fishtail; Wk & Fc; Twirl 2; Wk 2;

C Lace Up;;;;
Scis Thru RLOD; Wk 2; Scis Thru LOD; Wk, PU;
Traveling Scis;;;;
Fwd Hitch; Hitch Scis to Fc; 2 Trng 2 Stps SCP;;

D 2 Fwd 2 Stps;; Circle Chase;;;;
Twirl 2; Sd Two Stp; Rk Thru, Rec; Sd 2 Stp;
Rk Thru, Rec; Sd 2 Stp to SCP; Strut 3 to Fc & Tch;;

A Left Trng Box;;;;
Bk Hitch; Scis Thru; Hitch Dbl to Fc;;
Broken Box;;;;

B Strolling Vine;;;;
Circle Away 2 2 Stps;; Strut Tog 4;;
2 Trng 2 Stps Fc LOD;; 2 Prog Scis;;
Fishtail; Wk & Fc; Twirl 2; Wk & Fc;

End Strolling Vine;;;;
Circle Away 2 2 Stps;; Strut Tog 4;;
2 Trng 2 Stps Fc LOD;; 2 Prog Scis;;
Fishtail; Wk & Fc; Twirl 2; Apt, Pt;