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

Meas
INTRODUCTION
1 - 4 IN OP/FCNG WAIT 2 MEAS; APT, PT; TOG CP/WALL, TCH;
ss; 1 – 2 Op Fng 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 trg RF to CP/WALL, -;

PART A
1 - 4 LEFT TRNG BOX;;;;
1 - 4  [Lft Trng Box] Sd L, Cl R to L, Fwd L trg ¼ LF; -, Sd R, Cl L to R, Bk R trg ¼ LF, -; Sd L, Cl R to L, Fwd L trg ¼ LF; -, Sd R, Cl L to R, Bk R trg ¼ LF to CP/WALL, -;
5 - 8 BK HITCH; SCIS THRU; HITCH DBL TO FC;;;
5  [Bk Hitch] Bk R, cl L to R, 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;) trg 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, -, XLIB, -; 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, fwr R completing curve to fc ptr 4-6 ft apt, -;
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 prv ½ RF on L, -; Sd R, cl L to R, sd R prv ½ RF on R, -(Sd R, cl L to R, sd R prv ½ RF on R, -; Sd L, cl R to L, stp diag X line of prog prv ½ RF on L, -) to CP/LOD -;
11 – 12 [Prog Scis] Sd L, Cl R to L, XLIB 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, XRB w/fwd Prog;
ss; 14  [Wk, Fc] Fwd L, -, fwr R trg RF to fc ptr, -;
ss; 15  [Twirl 2] Sd L raising ld hnd, -; cl R to L. - (Sd & fwr R trg ½ RF under joined ld hnds, -, sd & bk L to fc ptr, - to SCP;) to SCP;
ss; 16  [Wk 2] Fwd L, -, fwr R trg 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, -;


[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 SCAR, -;

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

QQQS: 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;;;;;

QQQS: 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 SCP, -;

QQQS: ss: 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 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 LOD side by side fcng R, lod), -; 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
1 - 4 STROLLING VINE;;;;

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, -;


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 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 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;;

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

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

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;

16 [Apt, Pt] Stp apt L, -, pt R, -;
Quick Cues

Mal 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;