

Malhão

Malhão ("mal-YOW") is a couple dance from Vila Nova de Gaia in northwest Portugal. It has been around in some form for about 100 years or so; this version was learned from Yves Moreau at the Heritage International Festival in Cornwall, Ontario, Canada in 1988, by Germain and Louise Hebert.

Formation: Partners face each other in contra lines

Dance starts immediately - No introduction

Meas **Figure I** (Arms up and out, hands at eye level)

- 1 Knees bent, facing right, 3 steps, R-L-R, to R (cts 1,2,3), lift and pivot on R on ct 4 to face L
- 2 Repeat meas 1 to L with opp. footwork
- 3-8 Repeat meas 1-2 three more times
- 9 Face partner, stamp R in place, stamp L in place, stamp R leaving wt on L (cts 1,2,3), hold on ct 4

Figure II

- 1 Facing partner, step back R, step L next to R, step fwd R (cts 1,2,3), hold on ct 4. Meanwhile, arms swing down, back and up (cts 1,2,3)
- 2 Step L fwd, step R next to L, step L in place, clapping on each step (cts 1,2,3), hold on ct 4
- 3-8 Repeat meas 1,2 three more times

Figure III

- 1 Repeat first measure of Figure II
- 2 Raising arms up as in figure I, do full turn CW in three steps L-R-L, crossing L in front of R to start (cts 1,2,3), hold on ct 4
- 3-4 Repeat meas 1-2 of Figure II
- 5-8 Repeat meas 1-4

Repeat entire dance until music ends.