

Arap

Origin: Macedonia

Record: FM1-23, FM41-4, FM41-3

Formation: Lines, hands in "W" pos

Source: Dick Crum

Note: "Arap" is a Macedonian dance formerly done by Slav Macedonians who formerly lived in Greece. Its style is rather broad and strong.

Meter: 4/4

Style:

No introduction

Meas. Ct.

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|-----|-----|---|
| 1 | 1 | With weight on left foot and facing to the right, rise up and come down again on left heel (this movement is called a cukce. |
| | 2 | right foot is brought around and forward in air. Step with right foot still moving to the right |
| 2-3 | | Repeat Meas. 1 two more times alternating feet. |
| 4 | 1 | Turning to face center, with weight on ball of right foot, bounce on right foot at the same time bringing' left knee up in front and swinging left foot back a little |
| | 2 | Swing left foot forward with stiff knee, extending left foot with heel almost touching the floor |
| 5 | 1-2 | Two steps, L-R, moving straight back from center. |
| 6 | 1-2 | Close left foot beside right foot, and settle onto both heels with accent and hold.. |
| 7 | 1 | Step forward on right foot kicking left foot up in back |
| | 2 | Step back onto left foot |
| 8 | 1 | Step right with right foot |
| | 2 | Step left foot across in front of right foot moving to right. |