

Arcanul

Origin: Moldavia, Romania

Record: Romanian Folk Dances Side 1, Band 1 Nevofoon 15 005

Formation: Short lines, men only in a shoulder hold

Source: Sunni Blolund

Note:

Meter: 2/4

4 Meas. introduction

| Meas. | Ct. | |
|-------|-----|--|
| 1 | 1 | Facing slightly diag. R, step R to R |
| | 2 | Step L behind |
| 2 | 1 | Step R to R |
| | 2 | Vjrf-toc or Cukce (heel drop) R |
| 3 | & | Stamp L |
| | 1 | accented step L |
| | 2 | Virf-toc L |
| 4-15 | | Repeat measures 1-3 four more times |
| 16 | | Stamp R |
| 17 | 1 | Facing and moving LOD, step R |
| | & | Step L |
| | 2 | Step R |
| | & | Hop R |
| | | NOTE: body held erect |
| 18 | 1 | Step L |
| | & | Step R |
| | 2 | Step L. |
| | & | Hop L |
| | | NOTE: body bends forward |
| 19-24 | | Repeat measures 17-18, noting alternating body position |
| 25 | 1 | Facing ctr, touch R across L |
| | & | Flat leap R in place |
| | 2 | Touch L across |
| | & | Flat leap L in place |
| 26 | 1 | Wt on L touch R across |
| | & | Touch R to R & |
| | 2 | Touch R across |
| | & | Flat leap R in place |
| | | NOTE: the touches are done w/the feet flat (not on toes so that the hips twist slightly) |
| 27-28 | | Repeat 25-26 reversing footwork |
| 29-30 | | Repeat measures 25-26, but on Ct 2& (meas 26) lift R instead of leaping onto it. |
| 31 | 1 | Wt on L, swing R leg back touching R in back |
| | 2 | Swing R leg fwd |
| 32 | 1 | Stamp R |
| | & | Stamp R |
| | 2 | Down onto R knee bringing bent L fwd |
| 33 | 1 | Gesture w/L touch L to ctr |
| | & | Touch L to L |
| | 2 | Touch L to ctr. |
| | & | Touch L to L |
| 34-35 | | Repeat measure 33 two more times |

| | | |
|-------|---|------------------------------------|
| 36 | 1 | Change knees, wt onto L knee |
| | 2 | Bring beet R leg fwd |
| 37-38 | | Same as Meas 33 reversing footwork |
| 39 | 1 | Stand up on R leg |
| | 2 | Step L in place |
| 40 | 1 | In place stamp R |
| | & | Stamp R |
| | 2 | Stamp R |

Repeat Dance