

ARAP

D 64

ARAP

Pronounced Ah'-rop
Macedonian dance

Record: Jugoton EPY 3009, Side B, band 2, "Zajko kokrajko"
Macedonia, Vol. 60, Side I, band 5 " " (speed up).

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

Learned from Dick Crum.

FORMATION: Dancers (men and women) in a line, hands joined and held out at sides, near shoulder height.

MEAS. 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 Chukche and is pronounced Chock-cheh) count 1; Right foot is brought around and forward in air. Step with Right foot still moving to the Right (count 2).

-3 Two more steps like the one above, alternating Left foot and Right foot, continuing to move to Right. Three such steps in all.

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 (count 1); then swing Left foot forward with straight knee, extending Left foot with heel almost touching floor (count 2).

Two steps, Left, Right, moving straight back from center.

Close Left foot beside Right foot, and settle onto both heels with accent and hold.

-8 Four steps, one per beat, as follows: step forward on the Right foot kicking Left foot up in back (count 1); step back onto Left foot (count 2); step Right with Right foot (count 1); step Left foot across in front of Right foot, moving to Right (count 2).

Directions by Dick Crum.