

# ARAP

*Translation:* Arab      *Rhythm:* 2/4      *Description:* Dennis Boxell, Folk Dance Camp 1967

*Formation:* "W" position. R foot free

*Source:* The original music for this dance is not available on records so a song in the appropriate rhythm has been selected. This is a humorous song about a young rabbit who dresses up in the finery of a young bachelor and goes off to Thessaloniki to find a bride.

The Pirun Mountain area of Macedonia lies in Bulgaria. Often the Yugoslav and Bulgarian governments would hold special border festivals and Macedonians living in both countries were allowed to cross the border freely and participate in feasts and dancing and visit briefly with friends and relatives. Dancing is the main activity and villagers gather around their favourite orchestras.

## Measures

- 1      Facing slightly and moving R, lift on L foot, raising R knee-high, bringing R leg out R and around (count 1)  
Step forward on R ft. (count 2)
- 2      Lift on R ft, raising L knee, bringing L leg out L and around (count 1)
- 3      Same as measure 1 except turning to face centre on (count 2)
- 4      Bending L knee, bring L ft BKWD beneath the body (count 1)  
Bringing L ft FWD place L heel FWD on floor, body leans slightly BKWD (count 2)
- 5      Step BKWD on L ft (count 1)  
Step BKWD on R ft (count 2)
- 6      Closing L ft to R, bounce on both heels three times
- 7      Cross and step on R ft in front of L (count 1)  
Step back on L ft (count 2)
- 8      Turning to face and moving slightly R, step FWD on R ft (count 1)  
Step FWD on L (count 2)

