

## Arap (Fast , or Exhibition Version)

REGION: Macedonia

MUSIC: Zaiko Kokoraiko by Alexander Sariievski (Festival Records 45 RPM FM-4001)

### FIGURE I

<u>Measure</u>	<u>Count</u>	
1	1	With weight on RF, brush LF sideways so it ends up in front of RF
	2.	Hop on RF
	&	Step on LF in front of RF
2	1	Step on RF to right slightly back
	2	Step on LF next to RF
	&	Step on RF in place
3	1	Jump down on both feet together
	2	Hop on LF while swinging RF around towards the back
	&	Step on RF behind LF
4	1	Step on LF to left, and pause
	2	Step on RF slightly in front of LF (sharply), and pause

### FIGURE II

(Note on transition – to go from Figure I to Figure II start with Figure II in Measure 4 after doing Measure 3 of Figure I.)

<u>Measure</u>	<u>Count</u>	
1	1	Step on RF towards the right front
	2	Hop on RF
	&	Step on LF in front of RF
2		(Same as Figure I, Measure 2)
3		(Same as Figure I, Measure 3)
4	1	Step on LF while lifting RF behind left calf
	&	pause
	2	Step on RF to right while lifting LF behind right calf
&	pause	
5	1	Step on LF to left
	2	Step on RF next to left
	&	Step on LF in place

### FIGURE III

(Measures 1-5 are the same as in Figure II)

<u>Measure</u>	<u>Count</u>	
6	1	Hop on LF while touching right heel to right front
	&	pause
	2	Hop on LF while crossing RF in front of left ankle
	&	pause

### FIGURE IV

(Same as Figure III except Measure 4 is replaced by:)

<u>Measure</u>	<u>Count</u>	
4	1	Step on LF to left
	&	Stamp RF next to LF
	2	Step on RF to right
	&	Stamp LF next to RF

### FIGURE V

(Same as Figure III except Measure 1 is done twice for a total of 7 measures in this figure.)

### FIGURE VI

(Same as Figure IV except Measure 1 is done twice for a total of 7 measures in this figure.)

FORMATION: Line formation with arms on next person's shoulders ("T"). Weight is on the right foot (RF) to start Figure I.

NOTE: Figures II-VI start with weight on the left foot (LF). Performance could start with the regular version (call it Figure 0) and progress to the other Figures. The leader could call the Figures or a pattern could be set up in advance. Transition to Figure I should start by doing Measure 4 of Figure I immediately after Measure 4 of Figures II-IV or Measure 5 of Figures V-VI.

Notes prepared in 1982 by Jeanne Gulden and John Pappas from a Tanec video. (At least I think it was a Tanec video)

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