

ARAP - MACEDONIA

(Line - no partners)

TUNE: Zajko Kokorajko (The Little Rabbit)

RECORD: FOLKRAFT 1565 x 45 A.

RHYTHM: 4/4 (●●●●) Four beats to the measure, quarter note gets one beat.

FORMATION: Hands joined at shoulder height, leader on right.

Music 4/4

Measures

- 1 ● Facing diagonally and moving to right do a lift step as follows: toes pointed naturally, lift right knee swinging right foot slightly out and forward, simultaneously raising on left toe.
● Step on right foot
● Continue moving to right with another lift step on opposite foot
● Step on left foot
- 2 ● Continue moving to right with another lift step as Meas 1, beat one
● Step on right foot facing center
● Touch left toe beside right instep
● Kick left toward center touching left heel to floor
- 3 ● Step back on left foot
● Step on right slightly to the right of left foot.
● Step left beside right.
● Hold
- 4 ● Step right toward center (in front of left)
● Step back on left
● Step to right on right
● Facing to right step left across right

CONTINUE SEQUENCE UNTIL END OF MUSIC.
THE DANCE FITS THE MUSICAL PHRASE.