

## ARAP

(Bulgarian Macedonia)

Arap (Ah-RAHP) comes from the Pirin Mountain area of Macedonia, which lies in Bulgaria. Often the Yugoslav and Bulgarian governments will hold special border festivals and Macedonians living in both countries are 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 favorite orchestras. 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 Thessalonika to find a bride. The dance was introduced at the University of the Pacific Folk Dance Camp, Stockton, Calif. in 1967, by Dennis Boxell.

MUSIC: Record: Jugoton EPY 3009, "Zajke Korkerajke" or Monitor LP 444, FESTIVAL FM-4001 (45 RPM)  
MACEDONIA (LP) 60 (SPEED THIS ONE UP)

FORMATION: A line of dancers standing side by side with hands joined at shoulder height, elbows down. Leader is at R end of line.

STEPS AND STYLING: Walk,\* Lift: The "spirit" of a hop, but only the heel leaves the floor (toe remains in contact with floor and carries the wt of the body). The dance is light-hearted, with body carried proudly. Because of the bulky crotch of the native trousers, proper styling calls for the knees to be kept apart; also the feet. Toes are not pointed or turned out. Knees are slightly bent. If W dance, do steps demurely.

\*Described in Volumes of "Folk Dances from Near and Far" published by the Folk Dance Federation of California, Inc., 1095 Market St., San Francisco 94103.

### MUSIC 2/4

### PATTERN

Measures There is no introduction on these records, but leader may wait a few measures until he feels the rhythm of the music. Begin with dancers facing slightly to R, wt on L.

#### THE DANCE:

- 1 Lift on L. At same time bring R knee and R ft out R and around to slightly extended pos in front of L, with body leaning slightly back (ct 1). Step fwd (LOD) on R (ct 2).
- 2 Repeat action of meas 1, but with opp ft.
- 3 Repeat action of meas 1, (ct 1); turn to face ctr and step R beside L (ct 2).
- 4 With wt still on R, bend L knee, bringing L ft up in back (ct 1); bring L ft fwd sharply and place L heel fwd on floor (ct 2). Body leans slightly back.
- 5 Step bkwd on L (ct 1); step bkwd on R (ct 2).
- 6 Close L to R and bounce on both heels 3 times (ct 1,&,2); hold (ct &).
- 7 Step on R across in front of and close to L (ct 1); step on L in back of R (ft are still crossed) (ct 2).

NOTE: Keep ft close to floor on meas 7.

- 8 Turning to face slightly R, step fwd (LOD) on R (ct 1); step fwd on L (ct 2).

Repeat dance from beginning to end of music.

