

# Arap

Pronunciation: OA ROAP

Music: CD # 4, Track # 4

Formation: Arms bent from the elbows parallel to the ground, interlock the fingers .Facing Center

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METER: 4/4

PATTERN

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Counts

## **FIG. 1**

- 1 Stamp on L in place
- 2 Step on L to Rt
- 3 Step on R to Rt
- 4 Step on L to Rt
- 5 Touch R heel in place
- 5& Quick leap on R to Rt
- 6 Touch L heel in place
- 6& Quick leap on L to Rt, crossing R
- 7 Step on L back, bending knees slightly
- 8 Straighten knees up and hold the position

## **FIG 2A Face Center**

- 1 Touch R heel in place
- 1& Quick leap fwd on R
- 2 Touch L heel in place
- 2& Quick leap fwd on R
- 3 Step on R to Lt, crossing L
- 4 Step on R in place, bring R back
- 5 to 8 repeat ct 1 to ct 4

## **FIG. 2B Face Center**

- 1 Bounce on L and Lift R up
- 1& Quick step back on R
- 2 Quick step back on L
- 3 Bounce on L and Lift R up
- 3& Quick step back on R
- 4 Quick step back on L
- 5 Step on R to Lt, crossing L
- 6 Step on R in place, bring R back

\*\*on the second repetition of this step, after ct. 6,

- 7 Place R next to L
- 8 Hold position