

Arap

(Macedonia)

Notes by Andrew Carnie October 28, 2001

Done to the tune Zajko Kokorajko

Bar 1

1	2	3	4
lift R leg with the bottom of the leg parallel to the ground, with a chukche on Left	Step R	Lift Left Leg with chukche on R	Step L
●	→ in LOD	●	→ In LOD

Bar 2

1	2	3	4
lift R leg with the bottom of the leg parallel to the ground, with a chukche on Left	Step R, turn to face center	touch Left toe next to R foot	touch Left heel next to R foot
●	→ in LOD	●	●

Bar 3

1	2	3	&	4
Step left	Step R	bounce on both	bounce on both	bounce on both
↓	↓	●	●	●

Bar 4

1	2	3	4
Cross R in front of L	Step left in place	Step R	step L
↖	↘	→ in LOD	→ in LOD