

ARCANUL

COUNTRY Moldavia, Romania

PRONUNCIATION Ar-KAH-nool

NOTES The name is translated as "the lasso".

MUSIC The rnythm is 2/4. The record is Nevofoon 15005.

FORMATION Short lines of men, hands on shoulders.

Meas. Ct.

- 1 1 Facing slightly to R, step to R on R ft.
2 Step to R behind R ft on L ft.
- 2 1 Step to R on R ft.
2 Drop onto R heel in place. (This step is called virf toc;
similar to a chukche)
& Stamp L ft in place, keeping weight on R ft.
- 3 1 Step heavily on L ft in place
2 Drop onto L heel in place, as in Ct. 2 of Meas 2.
- 4-15 Repeat Meas. 1-3 four more times.
- 16 1 Stamp R ft in place.
2 Hold.
- 17 1 Facing R, step forward on R ft. (Body is held erect)
& Step forward on L ft.
2 Step forward on R ft.
& Hop forward on R ft.
- 18 Repeat Meas. 17 with opposite footwork. (Body is bent forward)
- 19-24 Repeat Meas. 17-18 three more times.
- 25 1 Facing center, touch R ft across in front of L ft.
& Leap onto R ft in place.
2 Touch L ft across in front of R ft.
& Leap onto L ft in place.

(continued on next page)

Meas. Ct.

- 26 1 Touch R ft across in front of L ft.
 & Touch R ft. to R.
 2 Touch R ft across in front of L ft.
 & Leap onto R ft in place.
- 27-28 Repeat Meas. 25-26 with opposite footwork and direction.
- 29-30 Repeat Meas. 25-26, except lift R ft on last motion instead
 of leaping onto it.
- 31 1 Swing R leg back, touching R ft in back.
 2 Swing R leg forward.
- 32 1 Stamp R ft in place.
 & Stamp R ft in place.
 2 Squat down onto R knee, bringing L ft forward.
- 33 1 Touch L ft forward.
 & Touch L ft to L.
 2 Touch L ft forward.
 & Touch L ft. to L.
- 34-35 Repeat Meas. 33 two more times.
- 36 1 Bring L ft back to place, changing weight to L leg.
 2 Bring R ft forward.
- 37-38 Repeat Meas. 33 two more times with opposite footwork
 and direction.
- 39 1 Stand up on R leg.
 2 Step on L ft in place.
- 40 1&2 Stamp in place (3X)