

Arap

(Pirin, Bulgaria)

Arap means "Arabian," indicating the people who originated the dance. In the Pirin region, Arap was brought by settlers from the Bulgarian village of Spatovo, Demirhisar area. When used in Bulgarian folklore, the word "Arabian" is related to a dark-skin people, as the Turkish were called by the Bulgarians at the time of their first meeting in 14th century. In the music and the dancing style of Arap, the Turkish influence is obvious, showing the origin of the dance. Nowadays, it is performed by men and women on any occasion in two parts: a slow one, followed by a fast, jumpy one, as it is common for a lot of dances from that region. The source for this dance is the Group for Authentic Dances, performed at Koprivštica 1986.

Pronunciation: ah-RAHP.

Cassette: Folk Dances from Bulgaria - NK 1994.02 / B19 2/4 meter
The original tune is played by tapan and zurna—instruments well known in Turkey and the Middle East. This recording repeats the original music. Any other music in the same tempo, meter, sequence, and style is also good for Arap.

Formation: Open circle, hands held in W-pos. Wt on L ft.

Styling: Pirinski styling includes: high knee lifting for M, lower for W. Bounce with knee and ankle on every step, and bounce the arms with the rhythm of the steps.

Meas

Pattern

8 meas INTRODUCTION. No action.

FIGURE I: TEŽKO (TESH-koh)

- 1 Moving in LOD, tap L heel in place, lifting R knee and then straightening R leg fwd low (ct 1); step fwd on R (ct 2).
- 2 Repeat meas 1 with opp ftwk.
- 3 Repeat meas 1.
- 4 Tap R heel in place, lifting and then straightening L leg fwd low (ct 1); pause (ct 2).
- 5 Step bkwd on L, swinging arms bkwd low (ct 1); step bkwd on R (ct 2).
- 6 Step on L next to R, tapping R heel, swinging arms to W-pos (ct 1); tap both heels (ct 2).
- 7 Facing ctr, step on R in front of L, bending R knee, flicking L heel bkwd, swinging arms bkwd low (ct 1); step on L behind R (ct 2).
- 8 Step on R next to L, tapping L heel, swinging arms to W-pos (ct 1); tap both heels (ct 2).

FIGURE II: ŽIVO (SHIH-voh)

- 1-5 Moving in LOD, repeat Fig I, meas 1-5 with jumpy steps.
- 6 Leap onto L in place, turning the body slightly to the R (ct 1); step on ball R behind L (ct &); leap onto L in front of R (ct 2).
- 7 Moving in RLOD, leap onto R whole ft in knee-bend pos in front of L, swinging L heel bkwd (ct 1); pause (ct 2); stamp on the ball of L behind R (ct &).
- 8 Fall onto R whole ft in knee-bend pos in front of L, swinging L heel bkwd (ct 1); leap onto L in knee-bend pos, lifting R knee (ct 2).

Arap—continued

SUGGESTED SEQUENCE:

Fig 1 three times.

Fig 2 three times.

Fig 1 four times.

Fig 2 three times.

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