

ARCANUL

Moldavia, Romania

Music: Romanian Folk Dances, Side 1, Band 1 Nevofoon 13 005
2/4 meter

Formation: Short lines, men only in a shoulder hold

Introduction: 4 measures

Note: the motif of the 1st figure is measures 1-3

MeasuresPattern

- 1-3 Facing slightly diag. R, step R to R (ct 1) step L behind (ct 2) step R to R (ct 2), virf-toc or Cukce (heel drop) R (ct 2) stamp L (ct a) accented step L (ct 3)virf-toc L (ct 2)
- 4-15 repeat measures 1-3 four more times
- 16 stamp R
- 17 facing and moving LOD, step R (ct 1), step L (ct &), step R (ct 2), hop R (ct &), NOTE: body held erect
- 18 step L (ct 1), step R (ct &), step L (ct 2), hop L (ct &)
NOTE: body bends forward
- 19-24 repeat measures 17-18, noting alternating body position
- 25 facing ctr, touch R across L (ct 1), flat leap R in place (ct &), touch L across (ct 2), flat leap L in place (ct &)
- 26 Wt on L touch R across (ct 1), touch R to R (ct & touch R across (ct 2), flat leap R in place (ct &) NOTE: the touches are done w/the feet flat (not on toes so that the hips twist slightly
- 27-28 repeat 25-26 reversing footwork
- 29-30 repeat measures 25-26, but on ct 2& (meas 26) lift R instead of leaping onto in
- 31 Wt on L, swing R leg back touching R in back (ct 1&), swing R leg fwd (ct 2&)
- 32 stamp R (ct 1), stamp R (ct &), down onto R knee bringing bent L fwd (ct 2&)
- 33 Gesture w/L touch L to ctr (ct 1), touch L to L (ct &), touch L to ctr (ct 2), touch L to L (ct &)
- 34-35 repeat measure 33 two more times
- 36 change knees, wt onto L knee (ct 1&) bring bent R leg fwd(ct 2&)

ARCANUL (continued)

3

Measure

Pattern

- 37-38 same as meas 33 reversing footwork
- 39 stand up on R leg (ct 1&) step L in place (ct 2&)
- 40 in place stamp R (ct 1), stamp R (ct &), stamp R (ct 2&)

Repeat Dance

Presented by Sunni Bloland