

Arkanul

(Severnjaško, Bulgaria)

Arkanul (ahr-kah-NOOL) comes from Romania and refers to a family of dance. The word “Arkan” means “custom.” Tineke van Geel learned this dance from Julian Stanev and presented it at the 2022 Stockton Folk Dance Camp held at University of the Pacific.

Music: 4/4 Meter Contact Tineke van Geel for the music. Email at: vangeel@xs4all.nl

Video: 2022 SFDC Downloads. To view, contact a camper who purchased them. A search of the internet and/or YouTube for “Arkanul dance” will yield several videos.

Another interesting video can be found by searching for “Arcanul Romanian” for a very similar dance attributed to Romania.

Formation: Mixed line, arms down in V-pos, facing R (CCW).

Steps & Styling: Energetic and active, with high knee lifts.

Grapevine: Step R across L (ct 1); step L to L (ct 2); step R behind L (ct 3); step L to L (ct 4).
Can be done with opp ftwk.

Meas	4/4 meter	PATTERN
8		INTRODUCTION. No action.
	I.	STEP-SWING AND RUNNING.
1		Step R fwd (ct 1); hop on R, swinging L lower leg slightly sdwd (ct 2); step L fwd (ct 3); hop on L, swinging R lower leg slightly sdwd (ct 4).
2		Beg R, four small running steps fwd (cts 1-4).
3-8		Repeat meas 1-2 three times; face ctr.
	II.	GRAPEVINES TO LEFT AND RIGHT.
1		Four-step Grapevine moving L (CW), starting with R across L (cts 1-4).
2-3		Repeat meas 1 twice.
4		Continuing CW, three-step Grapevine to L (cts 1-3); hop on R (ct 4).
5-8		Repeat meas 1-4 with opp ftwk and direction.
	III.	KICKING IN PLACE.
1		Touch R heel fwd (ct 1); step R beside L, raising L knee (ct 2); touch L heel fwd (ct 3); step L beside R, raising R knee (ct 4).
2		Touch R heel fwd (ct 1); touch ball of R beside L (ct 2); touch R heel fwd (ct 3); touch ball of R beside L (ct 4).
3-6		Repeat meas 1-2 two times.
7		Repeat meas 1, finishing with R leg raised up and behind L in preparation for a brush fwd.
8		Brush R fwd (ct 1); bring R back with bicycle movement (ct 2); stamp R beside L (ct 3); stamp R beside L (ct 4).

Sequence: Repeat as noted above until the end of the music.