

DEBKA NASHALOMDEBKA HA-SCHALOM

(Israel)

This dance was choreographed by Rivka Sturman after the "six days war". It tries to express the feeling of the soldier getting home, his mind relaxed, joyful and happy. The lyrics are by A. Bar-Oz and the music by Nimrod Tene.

MUSIC: Record: New Favourites, Israeli Folk Dances, Hed Arzi MN 581.

FORMATION: Lines of men and lines of women or both in one line. Hands joined and down.

Introduction: 4 meas. 4/4

<u>Cts.</u>	<u>Pattern</u>
	<u>PART A</u>
1-2	Move in LOD. Begin R. 1 step-bend.
3	Step fwd L
4	Brush R heel diag fwd.
5	Brush R toes diagonally bkwd twd outside of L ft. (Toes of R ft near to toes of L ft at the outer side).
6	Stretch R ft diag fwd (foot parallel to floor but not touching).
7-8	Step-bend R in LOD.
9-12	2 step-bend L, R in LOD.
13-14	Stamp L fwd in LOD; brush R ft diag fwd, heel touching floor.
15-16	Put R heel sdwd on floor. Pause (ct 16).
17-32	Repeat action of cts 1-16.
	<u>PART B</u>
1-4	2 vigorous step-hops fwd in LOD (R, L).
5	Step R across in front of L (body turns slightly to the L).
6	Step L ft in place. (Cts 5-6 are danced like a very smooth Yeminite step).
7-8	Step-hop R fwd in LOD.
9-12	2 vigorous, gay step-hops (L, R) fwd in LOD.
13-14	Step-hop on L ft; on the hop, turn L shoulder to L side.
15-16	Put R heel on the floor to the R; simultaneously lift arms shoulder height, elbows bent, hands head high, and PAUSE (ct 16).
17-32	Repeat action of cts 1-16, Part B.
	<u>PART C</u>
1-4	2 vigorous step-hops (R, L) fwd in LOD.
5	Stamp R ft twd ctr (crossing R diag in front of L)
6	Leap high, and
7-8	Releasing hands and throwing arms high in the air cross L over R, land on both ft, knees bent, facing ctr. Wt on L. Hold (ct 8).
9-10	Straightening body, move diag bkwd on R with one step-hop.
11-12	Continue to move bkwd with step-hop on L.
13-14	Step-bend R, moving bkwd to orig place.
15-16	Step-bend L, crossing L in front of R. Rejoin hands.
17-32	Repeat cts 1-16, Part C.

Presented by Rivka Sturman