

DABKA MIJWIZ

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the DABKA, the national dance of the Levantine Arabs, derives its name from dabak ("to strike"). The precision stamping distinguishes the DABKA from the many other related dances of the Near East and Balkans. There are as many DABKAS today as there are songs written for them, and each village has its own special DABKA unique to it. The mijwiz is a wind instrument commonly played in the rural areas of the Middle East. DABKA MIJWIZ is a choreographed men's dance, based on typical steps found in the mountain villages of Lebanon.

Source: Steps arranged by Joseph Marjaba and Ibrahim Kaloof.

Music: Belly Dance (Parlophone 3731-74) side 2, #1.

Style: Erect carriage. Strong, sharp movements.

Formation: Tight shoulder-to-shoulder line, with arms straight down and fingers interlocked.

Meas. Cts. Movements

INTRO

When drum begins, wait 4 counts and then clap 8 times.

BASIC

- | | | |
|------|------|---|
| 1 | 1,2 | Step L over R (ct 1). Step R to right (ct 2). |
| 2-3 | 3-6 | Repeat Meas. 1 twice (cts 3-6). |
| 4 | 7,8 | Lift L to front with left leg straight (ct 7).
Swing L back, keeping left knee in place (ct 8).
Stamp L sharply beside R, no weight (ct 8). |
| 5-16 | 9-32 | Repeat BASIC step three times. |

ROCK TO SIDE

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|-----|-----|--|
| 1-2 | 1-4 | Moving to left, step L to left diad. forward (ct 1).
Hop on L as right knee swings up so that R is
beside left knee (ct 2). Step R behind L (ct 3).
Hop on R as lift L in front (ct 4). |
| 3-4 | 5-8 | Repeat ROCK TO SIDE. |

MIJWIZ

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|-----|------|--|
| 1 | 1,2 | Step L over R (ct 1). Step R to right (ct 2). |
| 2-3 | 3-6 | Repeat Meas 1 twice (cts 3-6). |
| 4 | 7,8 | Lift L in front with left leg straight (ct 7).
Swing L back, and stamp onto L beside R (ct 8).
Stamp onto R beside L (ct 8). |
| 5 | 9,10 | Step L to L beside R (ct 9). Hop on L, moving
left, as R extends to right (ct 10). |

PABKA MIJWIZ (CONT.)

...DABKA MIJWIZ

Meas.	Cts.	Movements
6	11,12	Hop twice on L, still moving to the left (cts 11,12).
7	13,14	Stamp R to left, in front of L, with L pointing towards left diagonal (ct 13). Hop on L as R extends in air towards front (ct 14).
8	15,16	Repeat Meas. 7 (cts 15, 16). note: cts 8-9 are three sharp stamping steps in place, as upper torso crouches forward. Torso straightens on cts 10-12, and the upper body leans on the person to left side.
9-24	17-48	Repeat MIJWIZ step twice (cts 17-48).

FLEX

1	1,2	With feet apart and L forward, flex knees strongly (ct 1). Straighten knees (ct 2).
2-3	3-6	Repeat Meas. 1 twice (cts 3-6).
4	7,8	Lift L and stamp as in BASIC (cts 7-8).
5-6	9-12	Repeat Meas. 1 twice (cts 9-12).

WALK AND ROCK

1-4	1-8	Walking forward, step fwd L (ct 1). Step fwd R (ct 2). Step fwd L (ct 3). Stamp R fwd, no weight (ct 4). Step bwd R (ct 5). Step bwd L (ct 6). Step bwd R (ct 7). Stamp L in front of R (ct 8).
5-8	9-16	Step fwd L as body leans fwd and right leg swings up in back (ct 9). Hop slightly on L (ct 10). Step L behind R as body straightens and left knee rises in front (ct 11). Hop slightly on R (ct 12). Repeat (cts 13-16).
9-16	17-32	Repeat WALK AND ROCK.

HOP FWD AND TO SIDE

1-4	1-8	With left knee raised and body erect, hop fwd on R four times (cts 1-4). Slap/stamp L fwd in front with body still erect (ct 9). Raise L again (ct 10). Slap/stamp L fwd in front again (ct 11). Raise L again (ct 12).
5-8	9-16	With L extended fwd to right diagonal, hop four times to right on R (cts 9-12). Touch left toe to floor sharply as crouch forward abruptly (ct 13). Hold (ct 14). Stamp L twice beside R (cts 15-16).

SCISSOR BACK

1-4	1-8	Hop on R as L extends fwd (ct 1). Step bwd L as R extends fwd (ct 2). Step bwd R as L extends fwd (ct 3). Step bwd L as R extends fwd (ct 4). Stamp R in front of L, no weight (ct 5). Extend R fwd (ct 6). Stamp R in front of L, no weight (ct 7). Step L bwd so that L is at left diag. (ct 8).
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DABKA MIJWIZ (CONT.)

...DABKA MIJWIZ

Meas. Cts. Movements

FLEX
1-4 1-8 Same as before (cts 1-8).

WALK AND ROCK
1-8 1-16 Same as before (cts 1-16).

MIJWIZ
1-8 1-16 Same as before (cts 1-16).
9-16 17-32 Repeat again (cts 17-32). Music fades out.

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