

DABKIS
(Lebanon)

Source: Mustafa Akkad, Hanna Lakkis.

Time: 4/4

Record: FR-4113

Position: Hands held in tight "W" position, forearms touching.

Measure: Alla Dallaouna

- 1 Moving Rt. step R. (ct.1) Step L. over R. (ct.2) Step R. to Rt. (ct.3) Hit L. next to R. (ct.4)
- 2 Step L. in place (ct.1) "chug" back on L. (ct.2) Repeat cts. 1&2 of meas 1.
- 3 Repeat cts. 3&4 of meas 1, repeat cts. 1&2 of meas 2.

Horse Dabki

- 1 Step fwd. on R. (ct.1) Step fwd. on L. (ct.2) Step fwd on R. (ct.3) Step fwd L. (ct.4)
- 2 Hop on L. in place (ct.1) Stamp R. in place (ct.2) Repeat cts. 1&2 of meas 1.
- 3 Repeat cts 1&2 of meas.1 Repeat cts. 1&2 of meas. 2.

Rocking Dabki- Hands drop to side

- 1 Step on R. directly under body, body keeps in a straight line with L. leg that goes back (ct.1) Replace R. leg with L. R. leg goes straight to front, body is in straight line with R. leg (ct.2) Body must be rigid to achieve this alignment. Feet must replace each other on each step. On last & ct. simply place L. next to R. no weight.

Baalbeky

- 1 Step on L. in place (ct.1) lift R. heel over L. foot (ct.2) Step R. in place (ct.3) Lift L. over R. (ct.4)

(continued)

DABKIS
(continued)

Measure: Baalbeky- continued

- 2 Repeat meas. 1 cts. 1&2 Step R. to Rt. (ct.3)
Step L. tog. (ct.4)
- 3 Repeat meas. 1 cts. 3&4 Hop on L. (ct.3)
Staying low, leap into the air (ct.&) come
down on R. in place (ct.a) Land on L.
(ct.4)
- 5 A large leap to Rt. on R. (ct.1) Touch
L. in front of R. (ct.2) Touch in front
& to side with L. (ct.3) Touch in front
(ct.4)

Pattern of dance

- | | |
|-------|-----------------|
| 1-18 | Alla Dallahouna |
| 1-18 | Horse Dabki |
| 1-12 | Rocking Dabki |
| 1-End | Baalbeky |