

Debka

FORMATION: Single line, facing counterclockwise, hands joined and down. Leader at the right end of line.

PART I Phrase 1

Take four running steps forward, counterclockwise, starting with the right foot (right, left, right, left). Then take four debka jumps in place. (The debka jump is done with the feet close together, knees bent.) Turn toes and body to the left side on odd jumps and to the right side on even jumps.

REPEAT Phrase 1, Part I.

Phrase 2

Take two running steps forward starting with the right foot (right, left). Then two debka jumps as described above, first to the left and then to the right side.

REPEAT Phrase 2, Part I, FOUR TIMES.

PART II

Melody begins again. Make $1/4$ turn to the left to face center, hands still joined for PARTS II, III AND IV.

Step to the right side with the right foot (1 count),
Cross the left foot behind the right foot (1 count),
Step with the right foot close to the left foot (1 count),
Then hop on the right foot in place (1 count),
Then step-hop on the left foot (2 counts),
Then tap with the right toe close to the left foot (1 count),
and then hop on the left foot (1 count).

REPEAT PART II, FOUR TIMES

PART III

Melody begins again.

Step to the right side with the right foot (1 count),
Cross the left foot behind the right foot (1 count),
Step on the right foot close to the left foot, and hop on the right foot (2 counts),
Then step-hop on the left foot in place (2 counts),
Then cross the right foot with bended knee in front of the left foot accentuating by turning body to the left and bending low (1 count),
Then step on the left foot in place, straightening body (1 count).

REPEAT PART III, FOUR TIMES

Continued...

DEBKA cont.

PART IV

Melody begins again.

While hopping twice on the right foot in place, extend the left heel forward to touch the floor, then bring the left foot back to ankle of the right foot (2 counts),

While hopping twice on the left foot in place, extend the right heel forward, then bring the right foot to the ankle on the left foot (2 counts), Then hop twice on the left foot while moving to the right side and at the same time clicking the right heel to the left ankle twice (2 counts), Then jump on both feet, then hop on the right foot (2 counts).

REPEAT PART IV, FOUR TIMES.