

Debka Debka

(Israel)

Formation: Line, all join hands, face and move CCW.

Part I

- 1-4 Run 4 steps fwd RLRL.
- 5 Jump on both feet turn knees to L side.
- 6 Jump on both feet turn knees to R side.
- 7-8 Repeat 5-6.
- 9-16 Repeat 1-8.
- 17-18 Run 2 steps fwd RL.
- 19-20 Repeat 5-6.
- 21-32 Repeat 17-20 three more times.

Part II

- Face center.
- 1 R to R side.
- 2 L crosses behind R.
- 3 R to R side.
- 4 Hop on R.
- 5-6 Step-hop on L to L side.
- 7 Jump on both feet.
- 8 Hop on L.
- 9-32 Repeat 1-8 three more times.

Part III

- 1-6 Repeat 1-6, Part II.
- 7 R fwd.
- 8 L bkwd.
- 9-32 Repeat 1-8 three more times.

Part IV

- 1 Leap on R at the same time L heel touches floor in front.
- 2 Hop on R at the same time bend L bkwd.
- 3-4 Reverse 1-2.
- 5-6 Hop twice on L at the same time travel to R side and click heels.
- 7 Jump on both feet.
- 8 Hop on L.
- 9-32 Repeat 1-8 three more times.

Part V

- 1-6 Repeat 1-6, Part IV.
- 7 Bend both knees all the way down (squat).
- 8 Raise on L.
- 9-32 Repeat 1-8 three more times.