

HADARIM VII - Debka  
Side A - band 3

MUSIC: Toby David  
DANCE: Shlomo Bachar

DEBKA GUR  
(Gur = little lion)

Formation: Line, facing CCW, holding hands.

PART ONE

- 1 - 4 Walk forward on right, hold, left, hold.  
5 - 6 Jump on both feet forward landing with bent knees with right foot slightly in front, and hold, while bending arms at elbows.  
7 - 8 Bounce twice in place.  
9 - 12 Repeat 1-4.  
13 - 14 Jump on both feet forward while raising arms above head as you say "ho," and hold.  
15 - 16 Jump on both feet sideways to right side, then left side.  
17 - 32 Repeat 1-16.

PART TWO

- 1 - 4 Cherkessiya into the center of the circle while still facing CCW.  
5 - 8 Repeat 1-4.  
FACING CW  
9 - 10 Jump on both feet sideways to the right side.  
11 - 12 Jump on both feet sideways to the left side.  
13 - 14 Stamp on right foot forward, stamp on left foot backward.  
15 - 16 Hop twice on left in place.  
17 - 32 Repeat 1-16.

HADARIM VII - Israeli  
Side A - band 4

MUSIC: A. Pimenta, Avi Koren,  
Ts. Avner, M. Neginah  
DANCE: Shoshana Dudaev

LIKRAI KALA  
(welcome to the Shabbath-Bride)

Formation: Couples, facing CCW, arms crossed in front (promenade).


PART ONE

- 1 - 4 Moving CCW walk (as if skating) on right foot, hold, left foot, hold.  
5 - 8 Step right, together with left, step right and hold.  
9 - 16 Reverse 1-8 starting with left foot.  
Moving into center of circle, holding hands, facing partner.  
17 - 24 Repeat 1-8 into center of circle while man goes backward and girl goes forward.  
25 - 32 Repeat 9-16 while man goes forward and girl goes backward.  
33 - 64 Repeat 1-32, ENDING UP FACING CENTER.  
NOTE: 63-64 Man: On count 63 step-turn CCW ending up on the girl's left side and then close with the right foot (instead of hold).

PART TWO

- 1 - 3 FACING CENTER, HOLDING INSIDE HANDS, GIRL ON MAN'S RIGHT.  
4 Yemenite step to the right side (no hold on count 4).  
Touch-lift with left ball of foot in back of right heel as you bounce lightly on right foot.  
5 - 6 Step on left foot to the right side.  
7 - 8 Step-close with right foot next to the left.  
9 - 16 Repeat 1-8.  
MOVING CCW SIDE BY SIDE, HOLDING INSIDE HANDS  
17 - 20 Step on right, together with left, step on right, hold.  
21 - 24 Reverse 17-24 starting with left foot.  
25 - 28 Yemenite step to the right side.  
29 - 32 Man: walk 1,r,1, hold, while turning CW ending up on girl's right side facing center of circle.  
Girl: walk 1,r,1, hold, while travelling behind man almost in place ending up on his left side facing center.  
33 - 61 Repeat 1-28 starting with girl on man's left side.  
61 - 64 Walk 1, r, 1, hold. Man does it almost in place while he turn girl CW in front of him under his left arm.

PART THREE

- 1 - 16 FACING PARTNER, RIGHT ARM OVER EACH OTHER'S SHOULDER.  
Make a CW turn together by repeating counts 17-24 twice.  
17 - 20 In place, arms up on side of head,  cross each other's left arm while clicking fingers, cross right arms while clicking fingers and repeat counts 17 & 18.  
21 - 24 Step back (away from partner) on right foot, close with left, click fingers in front of chest and hold.  
25 - 28 Repeat 21-24.  
29 - 44 Repeat 1-16.  
NOTE: 43-44 Girl: Turn CW on right foot and close with left to face CCW with partner for beginning of dance.