

DEBKA LA'EMEK  
(Israel)

This is a line dance which translated means "Debka of the Valley."  
It was choreographed by Rivka Sturman.

Pronunciation:

Record: Blue Star 78 4/4 meter.

Formation: Lines in a simple hold, face LOD.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
<u>Part A.</u>		
1	1-2	Debka step (facing LOD)
	3-4	Step L in LOD and bend L knee.
2	1-2	Repeat action of cts 3-4 with R ft.
	3	Step on ball of L fwd.
	4	Step R fwd.
3	1-2	Repeat action of cts 3-4, meas 1.
	3-4	Repeat action of cts 3-4, meas 1, with R ft.
4	1-2	Repeat action of cts 3-4, meas 2.
	3-4	Repeat action of cts 3-4, meas 1.
5	1-2	Step R fwd and hold.
	3-4	Repeat action of cts 3-4, meas 2.
6	1-2	Repeat action of cts 3-4, meas 2.
	3-4	Repeat action of cts 3-4, meas 1.
7	1-2	Repeat action of cts 3-4, meas 1, with R ft.
	3-4	Repeat action of cts 3-4, meas 1.
8	1--	Stamp R beside L and hold (on stamp turn R shldr in LOD).
	3-4	Repeat action of cts 1-2, meas 8.
9-16		Repeat action of meas 1-8.
<u>Part B.</u>		
1	1	Step R in LOD.
	2	Lift L in LOD.
	3-4	Brush L back and hop on R back.
2	1-4	Two steps bkwd L,R.
3	1-4	Two steps L,R in RLOD while turning sharply on the first step.
4	1-2	Step L to L (face ctr).
	3-4	Close R beside L while rising to balls of ft.
5	1-2	Lunge with R to R (knees bent, face ctr).
	3-4	Cross L over R (body up).
6	1-4	Repeat action of meas 5.
7	1-4	Two steps fwd R,L.
8	1-2	Step fwd R.
	3-4	Close L beside R while turning CCW 1/2 ending up on balls of ft.
<u>Part C.</u>		
1-4	1-16	Eight steps fwd in RLOD starting with R (one step per 2 cts; on the 8th step, rise to balls of ft turning to face ctr; with each step clap hands in front of body and above head).
5-6	1-8	Repeat action of meas 5-6, Part B.
7-8	1-8	Repeat action of meas 7-8, Part B.