

Debkat Habir

(Israel)

Formation: Line, face circle center, arms bent, close to body, join hands.

Part I

- 1-2 Bend and stretch both knees 4 times (kind of bouncing movement).
3 Bend once more, hop on L;
4 Extend R heel fwd; (touch floor) close R to L;
5-8 Repeat measures 1-4.
Music Repeats. Repeat measures 1-8 twice more. (4 times all together.)

Part II

- 9 Release arms and cross behind back. Face CCW. Step-hop R (kick L to L side).
10 L crosses behind R; R in place; (These 2 steps are kind of running steps)
11-12 Reverse meas 9-10.
13-16 Repeat meas 9-12.
Music Repeats. Repeat meas 9-16. (8 times all together).

Part III

- Music starts from beginning. Join hands.
1 R fwd; hold;
2 L fwd; hold;
3 R fwd; L bkwd;
4 Brush R bkwd; leap on R bkwd;
5 L crosses behind R; (the ball of the foot hits the floor) hold;
6 Bounce twice (knees bend and stretch);
7 Hop on R to R side; leap on L to L side;
8 Close R to L; hold;
Music Repeats. Repeat meas 1-8, Part III.

Part IV

- Face center, arms at shoulder level.
9 R to R side; (both knees are bent) hold;
10 L crosses behind R; (both knees are bent) hold;
11-14 Repeat meas 9-10 twice more.
15 Fast Yem R; (on last step kick L fwd);
16 Leap on L at the same time kick R fwd; (change feet in air) close R to L;
Music Repeats. Repeat meas 9-16, Part IV.

Part V

- Music starts from the beginning. Arms are joined downward.
1 R to R side; (release hands) ½ turn to R side; (all are with back to the center of the circle); Join hands.
2 L to L side; hold;
3 R crosses behind L; L to L side;
4 Hop on L; R crosses behind L;
5-8 Reverse meas 1-4.
Music Repeats. Repeat meas 1-8, Part V.

Part VI

Face CCW.

- 9 R fwd; hold;
 - 10 Brush L fwd; leap on L fwd;
 - 11 R bkwd; hold;
 - 12 Close L to R; hold;
 - 13 R fwd; hold;
 - 14 Brush fwd; hop on R;
 - 15 L fwd; R bkwd;
 - 16 Close L to R; hold;
- Music Repeats. Repeat meas 9-16, Part VI.