

DEBKA HASIR (Heroic Debka)

Dance: Moshe Levy
Music: Sharabi

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

PART ONE

M 1-2 : Bend and stretch both knees 4 times (kind of bouncing movement).
M 3 : Bend once more, hop on L;
M 4 : Extend R heel fwd; (touch floor) close R to L;
M 5-8 : Repeat M 1-4
Music repeats. Repeat M 1-6 twice more. (4 times all together)

PART TWO

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

PART THREE

Music starts from beginning. Join hands.

M 1 : R fwd; hold;
M 2 : L fwd; hold;
M 3 : R fwd; L bwd;
M 4 : Brush R bwd; leap on R bwd;
M 5 : L crosses behind R; (the ball of the foot hits the floor) hold;
M 6 : Bounce twice (knees bend and stretch)
M 7 : Hop on R to right side; leap on L to left side;
M 8 : Close R to L; hold;
Music repeats. Repeat M 1-8 PART THREE

PART FOUR

Face center, arms at shoulder level

M 9 : R to right side; (both knees are bent) hold;
M 10 : L crosses behind R; (both knees are bent) hold;
M 11-14: Repeat M 9-10 twice more.
M 15 : Fast Yea R; (on last step kick L fwd)
M 16 : leap on L at the same time kick R fwd; (change feet in air) close R to L;
Music repeats. Repeat M 9-16 PART FOUR.

PART FIVE

Music starts from the beginning. Arms are joined downward.

M 1 : R to right side; (release hands) 1/2 turn to right side; (all are with back to the center of the circle) Join hands.
M 2 : L to left side; hold;
M 3 : R crosses behind L; L to left side;
M 4 : Hop on L; R crosses behind L;
M 5-8 : Reverse M 1-4
Music repeats. Repeat M 1-8 PART FIVE

PART SIX

Face CCW.

M 9 : R fwd; hold;
M 10 : Brush L fwd; leap on L fwd;
M 11 : R bwd; hold;
M 12 : Close L to R; hold;
M 13 : R fwd; hold;
M 14 : Brush fwd; hop on R;
M 15 : L fwd; R bwd;
M 16 : Close L to R; hold;
Music repeats. Repeat M 9-16 PART SIX

