

Debka Medabeket

(Israel)

A debka choreographed by Shmulik Gov-Ari in 1989. The lyrics were written by Ehud Manor and it is sung by the group Hadudaim.

Pronunciation: DEHB-kah meh-dah-BEH-keht Translation: Contagious Debka
 Music: 4/4 meter *Stockton Folk Dance Camp 2011*
Erica Goldman - Israeli Folk Dances CD, Track 4
 Formation: Open circle of dancers facing CCW, hands joined in V-position whenever possible.
 Steps & Styling: Sharp, clean and bouncy movements. Refer to “Steps Used in Israeli Dancing.”

Meas 4/4 meter

Pattern

4 meas INTRODUCTION. Begin dance with the lyrics of the song.

I. FIGURE 1

- 1 Facing and moving CCW, beg R, two walking steps moving (cts 1, 2); Cha-cha-cha step fwd CCW (cts 3,&4); with slight emphasis on ct 4.
- 2 Facing CCW but moving twd ctr, step L to L (ct 1); step R behind L (ct 2); Cha-cha-cha step moving twd ctr step L to L (ct 3); step R next to L (ct &); step L to L (ct 4).
- 3 Grapevine moving R away from ctr, with emphasis on each step on R (cts 1-4).
- 4 Yemenite R and sharply face ctr (cts 1,&2); step L to L (ct 3); stamp R next to L without wt (ct 4).
- 5-8 Repeat meas 1-4.

TRANSITION I

- 1 Two Debka steps, R-L, moving twd ctr (cts 1-2); step heavily R fwd, bending knee and leaving L in place (ct 3); twist on both ft half-pivot L to face away from ctr and transfer wt to L (ct 4).
- 2 Repeat meas 1 moving away from ctr and end facing CCW.

II. FIGURE II

- 1 Facing and moving CCW, beg R, two walking steps moving (cts 1, 2); Cha-cha-cha step fwd CCW (cts 3,&4).
- 2 Step R, L while making a half-turn L to face CW (cts 1, 2); Cha-cha-cha step moving bkwd CCW (cts 3,&4).

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- 3 Step back R (ct 1); step fwd L (ct 2); step R fwd (ct 3); pivot on R while making a half-turn R, to end facing CCW (ct 4).
- 4 Step L fwd (ct 1); kick R twd ctr, crossing in front of L (ct 2); step R fwd (ct &); step L fwd (ct 3); sharply face ctr and stamp R next to L without wt (ct 4).

TRANSITION II

- 1 Yemenite R (cts 1,&2); Yemenite L (cts 3,&4).

III. FIGURE III

- 1 Facing and moving CCW, beg R, two low debka steps (cts 1-2); plant R fwd (ct 3); with wt on R pivot one-half to L to face CW (ct 4).
- 2 Walk bkwd two steps, L-R (cts 1-2); Back Yemenite L (cts 3,&4).
- 3 Moving twd ctr with R shldr, step R to R (ct 1); step L behind R (ct 2); hop on L (ct 3); step R to R (ct &); stamp L next to R without wt (ct 4).
- 4 Three walking steps, L-R-L (cts 1-2-3) while making a small curve to L to face CCW; stamp R next to L without wt (ct 4). Clapping pattern: Clap on the “&” after each of the first three steps, then clap *while* stamping on ct 4.

Sequence:

Fig. I twice; Transition I; Fig II twice; Transition II, Fig III twice.
That pattern is done twice plus Fig I and Transition 1.

Presented by Erica Goldman

Lyrics

Kum achshav u'keshor mitpah	Get up, tie a knot in your kerchief
V'nafnef bah me'al harosh	And let it flutter on your head
Hatzlacha tamid muvtah	You can't go wrong
Kach avir v'tispor shalosh	So take a deep breath and count three
Ken hadebka medabeket	Yes, the debka is contagious
Ein omed bif'nei hatof	The sound of the drum is irresistible
Ken hadebka medabeket	Yes, the debka is contagious.
Gam ata tirkod basof	Eventually, you too will dance!
Hashura darka kotsetset	The line of the dance cuts sharply
V'hiluch r'kiya mahir	And moves with fast stamps
U'I'feta hi kofetset	Then suddenly it jumps
V'kofeyt rega ba'avir	And freezes for an instant in mid-air
Ken hadebka medabeket	Yes, the debka is contagious

Remember that the “ch” in Hebrew is pronounced like a hard “H” as if you were clearing your throat.

For example, “Kum achshav” is pronounced “Koom *ah*-SHAHV.”

Debka Medabeket — continued

Ten, ten, ten katef	Give, give, give a hand
Yachad k'mo nahar shotef	We'll dance together like a flowing river
Ken, ken, hitstaref	Yes, yes, join in
Ten l'gufcha l'hisachef	Let yourself get carried away, it's fun
Ken, ken, zeh hakef, ad sh'targish al saf hetkef	Yes, yes, dance to the brink of collapse
Ken, ken, hitstaref, ad shetatchil l'hisaref	Yes, yes, dance until you're in a mess
Derech mala, derech mata	The road rises, the road falls
Kmo pulchan me'olam atik	Like a ritual from the ancient past
Shuv v'shuv gam im nigmarta	On and on, beyond exhaustion
Ad asher lach'shov tafsik	Until your brain gives up
Ken hadebka medabeket	Yes, the debka is contagious
Lo zocher me'ayin bati	I don't remember where I came from
Lo chashuv li l'an elech	I don't care where I'm headed
Kol od b'raglai nishbati	But I swear, on my feet
Et kol hakoshi l'rakech	I will smooth over every difficulty
Ken hadebka medabeket	Yes, the debka is contagious
Ein omed bif'nei hatof, gam ata tipol basof!	You too will dance till you drop

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