

- 5 - 8 on right, left, right, and kick left foot forward.
Step three steps backward on left, right, left and kick right foot forward.
- 9 - 12 Grapevine (Mayim) step to the right side, starting on right foot.
- 13 - 16 Repeat 9-12.
- 17 - 32 Repeat 1-16.

CARMIT - Hedarim LP VI
Side A - band 2

MUSIC: Traditional
DANCE: Shlomo Bachar

HASHKEDIOT
(Almond Tree)

Formation: Circle, facing center, holding hands.

PART ONE

- 1 - 4 Yemenite step with the right foot to the right side (but on count 3-4 step-hop on the right foot in front of the left foot).
- 5 - 8 Repeat 1-4 with a yemenite step with the left foot to the left side (on count 3-4 step-hop on the left foot in front of the right foot).
- 9 - 13 Yemenite step with the right foot to the right side, but on count 3 step on the right foot in front of the left foot, on count 4 a high jump in the air, on count 5 land on both feet (squatting position).
- 14 Hold.
- 15 Hop up on the right foot while extending the left foot.
- 16 Hold.
- 17 - 20 Repeat 5-8.
- FACING CW
- 21 - 22 Step-hop on the right foot.
- 23 - 28 Repeat 21-22 three more times (four times total 21-28).
- FACING CENTER
- 29 - 32 Repeat 1-4.
- 33 - 64 Repeat 1-32 with opposite footwork starting with a yemenite step to the left side.

PART TWO

- 1 - 2 Small hop in place on the right foot then extend the left heel in front of the right foot.
- 3 Small hop in place on left foot while extending right heel in front of the left foot.
- 4 Small hop in place on right foot while extending left heel in front of the right foot.
- 5 Repeat count 3.
- 6 Hold.
- 7 Repeat 4.
- 8 Hold.
- 9 - 16 Repeat 1-8 in reverse with opposite footwork starting with small hop in place on the left foot, etc.
- 17 - 20 Step forward on the right foot and hold, then left foot and hold.
- 21 - 24 Turn to face the outside of the circle: step to the right side on the right foot and hold, then on the left foot and hold.
- 25 Step-stamp with the right foot forward while taking a quarter of a turn (right shoulder is outside of the circle).
- 26 Hold.
- 27 - 28 Step-hop on the left foot while taking a quarter turn to face the center of the circle.
- 29 - 31 Step in place on the right, left, and right foot.
- 32 Hold.
- 33 - 64 Repeat 1-32.

CARMIT - Hedarim LP VI
Side A - band 3

MUSIC: Toby A. David
DANCE: Shlomo Bachar

DEBKA OZ
(Dabka of Vigor)

Formation: Line dance, facing CCW, holding hands (down)

PART ONE

- 1 - 2 Step forward on right heel while leaning backward and hold.
- 3 - 4 Step back on the right ball of the foot and forward on the left foot.
- 5 - 6 Step-stamp vigorously on the right foot forward (the knee is slightly bent) while dragging left (side) foot along.
- 7 - 8 Step on the left foot.

- 9 - 10 Repeat 5-6.
 11 - 12 Step and pivot on the left foot to the left side to face CW (R.L.O.D.).
 13 - 16 Run forward on right, left, right, and left.
 17 - 18 Jump down with both knees bent and with right foot slightly in front of the left foot and hold.
 19 - 20 Straighten knees and hold.
 21 - 22 Repeat 17-18.
 23 - 24 Hop-land on left foot with right knee raised high (slightly leaning back) and hold.
 25 - 26 Step-stamp forward on the right, then left foot while bending body and head.
 27 - 28 Step back on right then left foot while straightening body and head.
 29 - 30 Step-hop forward on the right foot while turning to the right side to face CCW (L.O.D.).
 31 Step-stamp forward on the left heel while leaning back.
 32 Step-stamp forward again on the same left foot still leaning back.
 Note: Counts 31-32 should progress, not to be done in place
 Repeat 1-32.

PART TWO

FACING CENTER.

- 1 - 2 Step with the right foot to the right side and hold.
 3 - 4 Pivot on the same right foot to face the left side (R.L.O.D CW) while raising left knee high and hold.
 5 - 8 Reverse 1-4 with opposite footwork.
 9 - 10 Facing CCW (L.O.D.) again, step forward on the right, then left foot.
 11 - 12 Step-fall forward vigorously on the right foot while bending right knee and while keeping left ball of the foot in back. Hold.
 13 While joining both feet together, swing-jump forward on both feet.
 14 Swing-jump backward on both feet.
 15 Swing-jump forward on both feet.
 16 Step-stamp backward on right ball of the foot.
 17 Step back on the left foot.
 18 - 68 Repeat 1-17 three times.

CARMIT - Hadarim LP VI
 Side A - band 4

MUSIC: Y. Rekan
 DANCE: Shlomo Bachar

Sephardic

YIRA AMI
 (My people shall fear)

Formation: Couple dance, partners face each other. Man faces center of circle, and girl is with back to center of circle.

PART ONE

MOVING IN R.L.O.D. (CW)

- 1 - 4 Grapevine step to the left side: (cross with the right foot over the left, etc.)
 5 - 6 Stamp-cross with the right foot in front of the left and step back on the left foot.
MOVING IN L.O.D. (CCW)
 7 - 8 Step on the right foot to the right side and cross with the left over the right.
 9 Continue to the right side (L.O.D.) by stepping on the right foot.
 10 Step-together: step on the left foot and close with the right foot.
 11 - 12 Step on the left, then right foot.

PART TWO

FACING EACH OTHER WHILE MOVING TOWARD EACH OTHER'S RIGHT SHOULDER

- 1 - 4 Run forward on the right foot, then left, step-hop right while keeping left leg up (bent knee) and toss upward (facing left) as you touch each other's right hand with left arm extended to one's side.
 5 - 7 Step back on left, right, and left foot.
 8 - 11 While taking each other's right hand, switch places by stepping forward on the right, left, right, and close with left foot (end up facing each other).
 12 Hold.
 13 - 16 Repeat 1-4.
 17 - 18 Step back on the left, then right foot.
 19 - 21 Turn counter clockwise moving to the left side by stepping on the left, right, then left foot.
 22 Hold.
 23 - 24 Step to the right side with the right foot (bending knees) and close with the left foot while ending up facing new partner.