

Debka Ramot

Choreographer: Moshe Eskayo (1986)

Formation: Open circle, holding hands in "V" position

Rhythm: 4/4, one movement per beat unless otherwise noted.

Meas. FIGURE I

- 1 Bounce on both ft (ct 1); lift L to L side (ct 2); step L behind (ct 3), step R to R (ct 4).
- 2 Lift L high in front with bent knee (ct 1); step L in front of R (ct 2); lean R (ct 3); lean L (ct 4).
- 3 Moving CW, step R in front L (ct 1); step L to L (ct 2); repeat cts 1-2 (cts 3-4).
- 4 Stamp R next to L (ct 1); step R fwd with L hip twd center (ct 2); step back onto L (ct 3); stamp R to L (ct 4).
- 5 Step R fwd to center (ct 1); touch L beside R, bending knees, and slap both hands on thighs (ct 2); step on L and turn L 1/4 while lifting R ft (ct 3), touch R next to L and clap hands (ct 4).
- 6 Step R, then L and finish turning L to face center (cts 1-2); bounce twice on both feet (cts 3-4).
- 7 Moving CCW again, lean back on R with R hand back and L hand fwd to prepare for clap (ct 1); lean fwd on L and clap hands (ct 2); repeat cts 1-2 (cts 3-4).
- 8 Joining hand overhead and facing R, step R fwd (ct 1); bend R knee (ct 2); step L fwd (ct 3); bend knee (ct 4) .
- 9 Step R twd center (across L) (ct 1); step back in place on L (ct 2); step R away from center (ct 3); step L in front of R away from center (ct 4) .
- 10 Step back in place on R (ct 1); leap on L to L to face center (ct 2); stamp R next to L (ct 3); hold (ct 4).
- 11-18 Repeat meas 1-8 only.

FIGURE II

- 1 Facing center, step R to R (ct 1); step L behind R (ct 2); step R to R (ct 3); step L in front of R (ct 4).
- 2 Cross R sharply in front of L (ct 1); hop on R (ct 2); step L to L (ct 3); stamp R next to L (ct 4),
- 3 Stamp R again in place (ct 1); step R to center (ct 2); pivot L to face out and step L fwd (ct 3); step back in place on R (ct 4).
- 4 Rock fwd on to L (ct 1); step fwd on R and turn half to face center (ct 2); L Yemenite in place (cts 3, &, 4).
- 5-8 Repeat meas 1-4.

FIGURE III

- 1 Moving twd center. Touch R fwd (ct 1); step fwd on R (ct 2); rock back in place on L (ct 3); step fwd on R (ct 4).
- 2 Repeat meas 1 with opposite footwork, moving to center.
- 3 Touch R fwd (ct 1); step fwd on R (ct 2); turn half to face out with two rocking steps, L to L, R to R (cts 3-4).
- 4 Finish turning to face out, stepping L fwd (ct 1); step back in place on R (ct 2); bring feet together and bounce twice (cts 3-4).
- 5-8 Repeat 1-4 facing out and end facing center.

FIGURE IV

- 1 Facing center and moving CCW, stamp R heavily and press R shoulder toward center (ct 1); step L behind R (ct 2); repeat cts 1-2 (cts 3-4).
- 2 Bounce on both but shift weight immediately to R (ct 1); hop on R and turn half to L to face out (ct 2); repeat cts 1-3 (cts 3-4) and end facing center.
- 3 Step on R to R (ct 1); jump on both with L to center (ct 2); step back in place on R (ct 3); step L to L (ct 4).
- 4 Repeat meas 3.
- 5-8 Repeat meas 1-4.

ENDING

- 1 R Yemenite (cts 1, &, 2); L Yemenite (cts 3, &, 4).
- 2 Step R away from center (ct 1); step L in front of R away from center (ct 2); step R back into place (ct 3); leap on L to L to face center (ct 4)
Stamp R next to L, arms raised, and shout "Hey!"