

- 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 - Haderim 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 - Haderim LP VI
Side A - band 3

MUSIC: Toby A. David
DANCE: Shlomo Bachar

DEBKA OZ
(Debka 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.