

Hora Agadati

Israeli

Dance introduced by: Baruch Agadati

Formation: Circle

Starting arm position: V-Position

Meter: 4/4

Steps used: Debka Jump

Other notes

Measure Count Step

Part I

1 1-2 Facing R, run forward on R foot (1), run forward on L foot (2)

3-4 Repeat counts 1-2.

2 1-4 Do two debka jumps (see above).

3-8 Repeat measures 1-2 three times.

Part II

1 1-4 Facing center, step on R foot slightly to R (1), touch L heel forward (2), step on L foot slightly to L (3), step on R foot next to L foot (&), step on L foot in place (4). During this measure, arms go up into W-position during counts 1-2 and come back down during counts 3-4.

2 Repeat measure 1.

3 1-2 Do one debka jump.

3-4 Step on L foot in place (3), leap onto R foot across L foot (4).

4 1-4 Step on L foot in place (1), step on R foot next to L foot (2), step on L foot in place (3), step on R foot in place (&), step on L foot in place (4).

5-8 Repeat measures 1-4.

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count...

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