

NAFSHI HOMA
(Israel)

SOURCE: The dance combines the Debka style with fast Yemenite steps.
Typical of the early Debka dances done around the camp fire.
TRANSLATION: My Soul ~~Longs For~~ Dance by Moti Alfasi

MUSIC:

is awaiting

FORMATION: Short lines in a simple hold

METER: 2/4 and 4/4

PATTERN

Meas Ct

PART A - FACE LOD

1 1-4 4 steps R, L, R, L, steps are bouncy

2 1-2 Fast Yemenite R

3-4 Fast bkwd Yemenite L

3-4 Repeat meas 1-2, Part A

PART B - FACE CTR, SHLDR HOLD

1 1 Step R to R

2 Step L behind R

3 Step R to R

4 Touch L ball of ft across R

2 1-2 Repeat cts 3-4, meas 1, Part B, reverse ftwk and direction.

3 Leap R to R while arching R fwd and to R

4 Cross L over R with bent knee

2/4 METER

3 1 Squat on both ft

2 Up on L while R kicks fwd

4-6 Repeat meas 1-3, Part B

PART C - FACE LOD, SIMPLE HOLD

1 1-2 2 leaps fwd R, L

3-4 Fast Yemenite R

2 1-2 Fast bkwd Yemenite L

3-4 Repeat cts 1-2, meas 1, Part C

3 1-2 Debka jump to L landing on L, R up with bent knee

4-6 Repeat meas 1-3, Part C

Presented by Ya'akov Eden
Idyllwild Conference, 1981

*Continued...
(ERRATA)*

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Record: Blue Star 1980, Side B, Band 3
Part A, bounce steps
Part C, meas 3, change to read: ..to L turning twd ctr land on
both ft, leap landing on L.....