

Dance: Moshiko. Music: Moshiko. Record: MIH 3. Formation: Circle, hands joined,
low. Start facing CCW. Meter: 4/4.

PART I:

2 running steps fwd R,L (cts 1-2). Jump on both ft, twisting lower body and feet to L, then jump onto L ft, twisting back - this jump is called a debka jump (cts 3-4). Repeat 1-4, but end facing ctr of circle (cts 5-8). R fwd hands go up (ct 9). L bwd hands come down (ct 10). R to R side (ct 11). L back to place (ct 12). Turn $\frac{1}{2}$ L (to face CW) jumping back onto R ft, L ft fwd and lifted (bent) (ct 13). Clap hands twice (at head level) (cts 14-15). Hold (ct 16). 2 step hops bwd (moving CCW) starting L (cts 17-20). Step hop fwd on L, turning $\frac{1}{2}$ around to L (CCW) (cts 21-22). R bwd (ct 23). L fwd (ct 24). Join hands, 2 step hops fwd, startin R (cts 25-28). Run 4 steps fwd, starting R (do not bend fwd on these runs!) (cts 29-32). Repeat 1-32 (cts 33-64).

PART II: Move CW, face CCW.

R fwd (ct 1). L bwd (ct 2). Stamp R fwd (in the same spot as ct 1) (ct 3). L bwd (ct 4). R bwd, bending body slightly fwd (ct 5). Step L bwd (ct 6). Step R (across) in front of L, very close to keep a bwd movement (ct 7). L bwd facing CCW (ct 8) - these 4 steps are a modified grapevine step, done backing up. Repeat 1-8 twice more (cts 9-24). Yemenite R with hop (still facing CCW) (cts 25-28). Yemenite L with hop. On hop, do $\frac{1}{2}$ turn R to face CW (cts 29-32). Repeat 1-16, facing CW and out of circle (cts 32-64).