

DEBKA KNA'AN (Debka from Kna'an)Dance: Moshiko  
Music: Folk

FORMATION: Line, face center. Hold on to each others' belt with L. R arm down. With each part the R arm is raised gradually until PART 5 when the arm is up high.

PART ONE (Bouncy)

1. L is flat on floor in front of R. Turn L foot to R side (heel is pivot).
2. Turn L foot to L side.
- 3-16. Repeat 1-2 seven more times.

PART TWO (Bouncy)

1. L crosses over R in front, straight knees.
2. R to R side, bend R knee slightly.
- 3-16. Repeat 1-2 seven more times.

PART THREE

1. L touches in front of R.
2. L touches to L side.
3. L touches in front of R.
4. L circles from front to back, just off floor at first, but sliding along floor at end.
5. Step L foot in spot where R was, accented, with bent L knee. At the same time, lift R leg in front with bent knee.
6. Step R forward wheel kicking L foot straight forward, low.
7. L heel forward and shift weight.
8. R backward.
- 9-32. Repeat 1-8 three more times.

PART FOUR (Supporting leg bent at all times)

1. Hop on R in place, leaving L leg straight forward.
2. Leap on L in place and lift R bent forward high.
3. 2 runs in place RL with knees bent high forward.
4. Run R with knees bent high forward.
- 5-8. Reverse 1-4, but on count 5, lift L knee forward, high.
- 9-16. Repeat 1-8 (except count 9 is like count 5).

Before repeating dance:

1. Hold
2. Put L foot down, no weight.
3. Onward, as before.

PART FIVE

- 1-15. Hop 15 times on L foot, at the same time travel to R side. R foot stays next to L ankle.
16. Leap on R to R side with L foot extended forward in air. Bring R hands down.

Before repeating dance:

1. Hold.
2. Put L foot down, no weight.
3. Onward, as before.