

FORMATION: Lines, face center. Arms extended behind backs, hold onto each other's waists.

PART ONE (Steps 1-32 are done in place)

- 1-2. L step-bounce forward (on bounce lift R heel in back and bend body forward from knees).
- 3-4. R step-bounce backward (on bounce, body almost straightens).
- 5-16. Repeat 1-4 three more times.
17. Lean forward on L foot with R leg raised behind.
18. Lift L leg sharply without affecting lift in body and land sharply on L foot in place. (See note).
19. Step back on R foot, lifting L leg in front, bent.
20. Repeat 18 with R foot.
- 21-32. Repeat 17-20 three more times.
- 33-36. L forward. Bounce 3 times on L while gradually extending R foot straight forward in a half circle (forward bicycle movement).\*
- 37-40. Repeat 33-36 on other foot.
- 41-48. Repeat 33-40.

(cont'd)

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DEBKA KURDIT (cont'd)

PART TWO

- 1-16. Repeat steps 1-16 PART ONE, but move back on the R step, sliding L foot along floor at the same time. You should end up at starting position.
- 17-32. Repeat 17-32 PART ONE, staying in place.
33. Face diagonal R and drop onto L foot directly behind R while bringing R foot up and extending it forward in a half circle. R ends only a short distance in front of L.
34. Step on R forward (small step).
- 35-48. Repeat 33-34 seven more times.

NOTE: This step is almost like a step-hop, except that on the hop, the hopping foot is pulled up without the body's lifting. It is almost what one would do if he were standing with one leg lifted and were told to lift the other one.

\* - On counts 33-48, move forward gradually.