

DEBKAT HABIR (Heroic Debka) Dance: Moshe Levy
Music: Sharabi
Tikva LP 69

Formation: Line, face circle center, close to each other, join hands, and bend arms fwd

PART ONE

- 1-5: 5 bounces, bend and stretch knees
- 6: Jump off both feet
- 7: Hop on L and R fwd straight, heel touches floor
- 8: Close R to L
- 9-32: Repeat 1-8 three more times

PART TWO

- 1-2: Release arms, cross behind back. Face CCW. Step-hop on R, kick L to left side
- 3: L crosses behind R
- 4: R crosses in front of L
- 5-8: Reverse 1-4
- 9-32: Repeat 1-8 three more times

PART THREE

- 1: Join hands. R fwd
- 2: Hold
- 3: L fwd
- 4: Hold
- 5: R fwd
- 6: L bwd
- 7: Brush R bwd
- 8: Leap on R bwd
- 9: L crosses behind R (ball of L hits the floor)
- 10: Hold
- 11-12: Bounce twice

Continued...

- 13: Hop on R to left side
- 14: Leap on L to left side
- 15: Close R to L
- 16: Hold
- 17-32: Repeat 1-16

PART FOUR

- 1: Face center. Arms on each other's shoulders. R to right side
- 2: Hold
- 3: L crosses behind R
- 4: Hold
- 5-12: Repeat 1-4 twice more
- 13-14: Fast Yem R. On third step kick L fwd
- 15: Leap on left, at the same time kick R fwd (change feet in the air)
- 16: Close R to L
- 17-32: Repeat 1-16

PART FIVE

- 1: R to right side
- 2: 1/2 turn to right side on R. End up with back to center
- 3: Join hands. L to left side
- 4: Hold
- 5: R crosses behind L
- 6: L to left side
- 7: Hop on L
- 8: R crosses behind L
- 9-16: Reverse 1-8. Start L to left side
- 17-32: Repeat 1-16

Continued...

PART SIX

- 1: Face CCW. Join hands. R fwd
- 2: Hold
- 3: Brush L fwd
- 4: Leap on L fwd
- 5: R bwd
- 6: Hold
- 7: Close L to R
- 8: Hold
- 9-11: Repeat 1-3
- 12: Hop on R
- 13: L fwd
- 14: R bwd
- 15: Close L to R
- 16: Hold
- 17-32: Repeat 1-16