

LIVSHU NA'OS (PUT ON STRENGTH) (A Debka)
(Israel) Dance by Leah (Ramath Yoekanan)

Record: Folkraft 1108 B-1

This dance, influenced by the Arabian Debka, is performed by the Jewish youth in Israel. This is one of the simple dances.

FORMATION: Line, move to R.

STEPS - PHRASE 1. 2 sliding jumps to R side, then 2 Debka jumps in place (feet together, jumping first L, then in place, fwd.) This combination is danced 4 times.

PHRASE 2. In place, LF points fwd, then L (and RF jumps in place at same time twice), then 2 jumps, feet together. Same with RF pointing fwd, R, then feet together. This pattern is done twice.

Repeat entire dance over and over again, leader leading his line in patterns.

-- Dance Notation by Dvora Lapson
FDC-51-28

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