

LIVSHU NA'OS (PUT ON STRENGTH) (A DEBKA) FOLKRAFT RECORD #1108 B-1
Dance by Leah (Ramath Yoekanan)

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 right

STEPS: PHRASE 1. Two sliding jumps to the right side, then two Debka jumps in place (feet together, jumping first left, then in place, forward.)

This combination is danced four times..

PHRASE 2. In place - left foot points forward then left (and right foot jumps in place at the same time twice), then two jumps, feet together.

The same with right foot pointing forward, right, then feet together. This pattern is done twice.

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

FROM ORIGINAL COLLECTION...
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PHRASE 2. In place - left foot points forward then left (and right foot jumps in place at the same time twice), then two jumps, feet together. The same with right foot pointing forward, right, then feet together. This pattern is done twice. Repeat entire dance over and over again, leader leading his line in patterns.

RYAN (RYAN) (RYAN DEBKA) FOLKRAFT RECORD # 1108-V