

MARHABA
Israel

Marhaba means "Welcome." The dance was choreographed by Moshiko in 1974, and contains Israeli steps based on a Middle Eastern dance style. It was taught at the 1976 San Diego S.U.F.D. Conference by Moshiko.

PRONUNCIATION: Mahr-hah-bah

RECORD: Dance with Moshiko MIH 3, Side 2, Band 3.

FORMATION: Circle (closed), hands held low and joined. Face LOD.

STYLE: Arabic, step on flat foot at all times (except where otherwise specified).

METER: 4/4
Meas.

PATTERN

INTRODUCTION: 2 Meas.

FIG. I

- 1 Step fwd on L (ct 1), hop on L (ct 2), step fwd on R (ct &), step fwd on L (ct 3), slight leap fwd on R (ct 4).
- 2 Step fwd on L (ct 1), on both toes, twist heels and body to R (face RLOD) (ct 2), twist to L (face LOD and stay on toes) (ct 3), fall on R with knee bent, L knee bent and pointing fwd (ct 4).
- 3-8 Repeat meas 1-2, three more times.

FIG. II

- 1 Do 2 two-steps fwd starting L (cts 1,&,2-3,&,4).
- 2 Step L next to R with knees bent (ct 1), chug back on both ft (knees almost straight, body bending fwd slightly) (ct 2), fall on R in place with knee bent, lift L ft next to R knee (both knees pointing slightly R) (ct 3), bounce on R in place (ct 4).
- 3 Touch L heel diag fwd to L (R knee stays bent, hips untwist) (ct 1), bring L back (knee bent and pointing slightly R) (ct 2), repeat cts 1-2 (cts 3-4).
- 4 Step fwd on L (ct 1), hop on L (ct 2), step fwd on R (ct &), close L to R with stamp, no wt (cts 3-4).
- 5-8 Repeat meas 1-4.

FIG. III

- 1 3 bouncy steps fwd, starting L - clap hands on each ct at chest height and fwd with fingers spread apart (cts 1-3), turn to face ctr and step bwd on R (bouncy) - clap hands (ct 4).
- 2 Close L to R, no wt and face ctr - clap hands (ct 1), step fwd on L - join hands (low) (ct 2), stamp R in place (ct 3), step bwd on R (ct 4).
- 3 Stamp L in place (ct 1), hold (ct 2), bring L up sharply while falling heavily on R (ct 3), hold (ct 4).
- 4 Stamp L fwd (flat), no wt; straighten R knee (ct 1), bring L up sharply while bending R knee (ct 2), stamp L fwd (flat), no wt; straighten R knee (ct 3), repeat ct 2 (ct 4).
- 5-8 Repeat meas 1-4.

Presented by Maria Reisch

San Diego S.U.F.D. Conference Afterparty, Sept. 1976