

NAFSHI HOMA
(Israel)

The dance combines the Debka style with fast Yemenite steps; typical of the early Debka dances done around the camp fire. It was choreographed by Moti Alfasi. Title means "My Soul Longs For."

Pronunciation:

Record: Blue Star 1980 Side B/3 4/4, 2/4 meter.

Formation: Short lines in a simple hold ("V" pos).

Meas Cts
4/4 meter

Pattern

INTRODUCTION.

Part A (Face LOD)

1	1-4	4 steps R,L,R,L; steps are bouncy.
2	1-2	Fast Yemenite R.
	3-4	Fast Backward Yemenite L.
3-4		Repeat meas 1-2.

Part B (face ctr, shldr hold)

1	1	Step on R to R.
	2	Step on L behind R.
	3	Step on R to R.
	4	Touch ball of L ft across R.
2	1-2	Repeat cts 3-4, meas 1, with opp ftwk and direction.
	3	Leap onto R to R while arching R fwd.
	4	Cross L over R with bent knee.

2/4 meter

3	1	Squat on both ft.
	2	Up on L while R kicks fwd.
4-6		Repeat meas 1-3.

4/4 meter

Part C (Face LOD, simple hold)

1	1-2	2 leaps fwd R,L.
	3-4	Fast Yemenite R.
2	1-2	Fast Backward Yemenite L.
	3-4	Repeat cts 1-2, meas 1.

2/4 meter

3	1-2	Debka jump to L, land on L, R up with bent knee.
4-6		Repeat meas 1-3, Part C.

Presented by Ya'akov Eden