

NAFSHI HOMAAT

Line Dance

The dance combines the Debka style with fast Yemenite steps. Typical of the early Debka dances done around the camp fire.

Translation: My Soul Longs For is Awaiting

Dance: Moti Alfasi

Meter: 4/4 and 2/4

Formation: Short lines in a simple hold



<u>Measures</u>	<u>Counts</u>	<u>Description</u>
<u>Part A - ( face LOD)</u>		
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 A
<u>Part B - ( face center, shoulder hold)</u>		
1	1	Step R to R
	2	Step L behind R
	3	Step R to R
	4	Touch L ball of foot across R
2	1-2	Repeat cts. 3-4, Meas. 1, Part B, reverse footwork and direction
	3	Leap R to R while arching R fwd. and to R
	4	Cross L over R w/bent knee
2/4 Meter		
3	1	Squat on both feet
	2	Up on L while R kicks fwd.
4-6		Repeat Meas. 1-3, Part B
<u>Part C - ( face LOD, simple hold)</u>		
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, Part C
3	1-2	both facing ctr jump facing LOD
4-6		Repeat Meas. 1-3, Part C (Dabka jump)