

TERMINOLOGY AND ABBREVIATIONS

(Before reconstructing a dance, carefully read the following explanations.)

LOD	Line of direction
RLUD	Reverse line of direction
Step	Put full weight on foot
Touch	No weight on foot
R.	Right foot
L.	Left foot
FWD.	Forward
BWD.	Backward
CW	Move according to the clock
CCW	Move counter clockwise

Every dance has a 4 measure introduction. All the steps described are done to a $\frac{1}{2}$ note unless otherwise indicated. Also, every step can be reversed starting with the other foot.

Step-hop:	Step and hop on the same foot (2 counts).
Yemenite Left:	Yemenite step left: Step with the left foot to the left side (bend knees), step on the right toe in back of the left foot, step-cross with the left foot in front of the right; hold on the 4th count.
Yemenite Right:	Reverse the Yemenite left, starting with the right foot to the right side.
Mayim Step moving to the right side:	Facing the center of the circle: step-cross with the left foot over the right, step with the right foot to the right side, step-cross with the left foot behind the right, step with the right to the right side.
Mayim Step moving to the left side:	Reverse the Mayim Step moving to the right side starting with step-cross with the right foot over the left.
Dabka Jump:	Jump with feet together while turning knees to left side. Jump again while turning knees to original position.
Pas de Basque/Hora Step to the Left:	Little hop on the left foot, hop on toes of the right foot right next to the left, hop back on the left foot.
Hora Step to the Right: Cherkessiya:	Reverse Hora Step to the Left. Step with right foot forward, while raising arms up, step backward with the left foot bringing arms down, step backward with right foot, step forward with the left foot (4 steps to 4 counts).
Double Cherkessiya:	Right foot crosses over the left foot, step on the left foot in back of the right, step on the right foot to the right side. Then reverse: left foot crosses over the right foot, step on the right foot in back of the left, step on the left foot to the left side. Add: right foot crosses over the left foot, step on the left foot in back of the right.

CARMIT - Hadarim LP VI
Side A - band 1

MUSIC: S. Paikov
DANCE: Yoav Ashriel

SISU V'SIMCHU (Rejoice and be Happy)

Formation: Circle, facing center, holding hands.

PART ONE

1 - 2	Pas-de-basque forward on right, left, right.
3 - 4	Pas-de-basque backward on left, right, left.
5 - 6	Step with the right foot to the right side, and cross with the left foot over the right as body moves back and forward at the same time.
7 - 8	Repeat 5-6.
9 - 10	Pas-de-basque to the right side on right, left, right.
11 - 12	Pas-de-basque to the left side on left, right, left.
13 - 16	Repeat 9-12.
17 - 32	Repeat 1-16.

PART TWO

1 - 4	Step three steps forward into the center of the circle
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- 5 - 8 on right, left, right, and kick left foot forward.
Step three steps backward on left, right, left and kick right foot forward.
- 9 - 12 Grapevine (Mayim) step to the right side, starting on right foot.
- 13 - 16 Repeat 9-12.
- 17 - 32 Repeat 1-16.

CARMIT - Haderim LP VI
Side A - band 2

MUSIC: Traditional
DANCE: Shlomo Bachar

HASHKEDIOT
(Almond Tree)

Formation: Circle, facing center, holding hands.

PART ONE

- 1 - 4 Yemenite step with the right foot to the right side (but on count 3-4 step-hop on the right foot in front of the left foot).
- 5 - 8 Repeat 1-4 with a yemenite step with the left foot to the left side (on count 3-4 step-hop on the left foot in front of the right foot).
- 9 - 13 Yemenite step with the right foot to the right side, but on count 3 step on the right foot in front of the left foot, on count 4 a high jump in the air, on count 5 land on both feet (squatting position).
- 14 Hold.
- 15 Hop up on the right foot while extending the left foot.
- 16 Hold.
- 17 - 20 Repeat 5-8.
FACING CW
- 21 - 22 Step-hop on the right foot.
- 23 - 28 Repeat 21-22 three more times (four times total 21-28).
FACING CENTER
- 29 - 32 Repeat 1-4.
- 33 - 64 Repeat 1-32 with opposite footwork starting with a yemenite step to the left side.

PART TWO

- 1 - 2 Small hop in place on the right foot then extend the left heel in front of the right foot.
- 3 Small hop in place on left foot while extending right heel in front of the left foot.
- 4 Small hop in place on right foot while extending left heel in front of the right foot.
- 5 Repeat count 3.
- 6 Hold.
- 7 Repeat 4.
- 8 Hold.
- 9 - 16 Repeat 1-8 in reverse with opposite footwork starting with small hop in place on the left foot, etc.
- 17 - 20 Step forward on the right foot and hold, then left foot and hold.
- 21 - 24 Turn to face the outside of the circle: step to the right side on the right foot and hold, then on the left foot and hold.
- 25 Step-stamp with the right foot forward while taking a quarter of a turn (right shoulder is outside of the circle).
- 26 Hold.
- 27 - 28 Step-hop on the left foot while taking a quarter turn to face the center of the circle.
- 29 - 31 Step in place on the right, left, and right foot.
- 32 Hold.
- 33 - 64 Repeat 1-32.

CARMIT - Haderim LP VI
Side A - band 3

MUSIC: Toby A. David
DANCE: Shlomo Bachar

DEBKA OZ
(Debka of Vigor)

Formation: Line dance, facing CCW, holding hands (down)

PART ONE

- 1 - 2 Step forward on right heel while leaning backward and hold.
- 3 - 4 Step back on the right ball of the foot and forward on the left foot.
- 5 - 6 Step-stamp vigorously on the right foot forward (the knee is slightly bent) while dragging left (side) foot along.
- 7 - 8 Step on the left foot.