

Steps Used in Israeli Dances

Back Yemenite R (Back Yemenite L is done with opp ftwk):

Step R bkwd (ct 1); step L next to R (ct 2); step R fwd (ct 3); hold (ct 4).

Box Step:

Step R to R (ct 1); step L in front of R (ct 2); step R bkwd (ct 3); step L to L (ct 4). Sometimes there is a pronounced leap onto R on ct 1.

Cha-cha-cha:

Step R fwd (ct 1); step L next to R (ct &); step R fwd (ct 2). Sometimes called “step-together-step.” This step can be done beginning with either foot.

Cha-cha-cross:

Step R to R (ct 1); step L next to R (ct &); step R to R (ct 2); step L in front of R (ct 3); step back into place on R (ct 4). This step can be done with opp ftwk and direction.

Cherkessiya R (Cherkessiya L is done with opp ftwk):

Step R fwd moving arms fwd with palms up in a scooping motion (ct 1); step L in place (ct 2); step R bkwd, moving arms down to sides (ct 3); step L in place (ct 4).

Debka:

Touch R heel slightly fwd (ct 1); step R (ct &). This step can be done with opp ftwk.

Double Cherkassiya:

Step R to R (ct 1); step L in front of R (ct 2); step back in place on R (ct 3); step L to L (ct 4); step R in front of L (ct 1); step back in place on L (ct 2). This step requires six counts and typically spans two measures. Arms follow the corresponding foot: i.e., when R is crossing in front of L, R hand crosses in front of the body, and opposite arm is raised to counterbalance.

It can also begin at any point in the sequence: i.e., step L to L (ct 4 in the example above).

Grapevine:

Facing CCW, step R fwd (ct 1); step L in front of R (ct 2); facing ctr, step R to R (ct 3); step L behind R (ct 4).

This step can also begin with ct 2: i.e., step L in front of R (ct 1); facing ctr, step R to R (ct 2); step L behind R (ct 3); step R fwd (ct 4).

The first Grapevine described is often called an “open grapevine” and the second is often called a “crossing grapevine.”

Yemenite R (Yemenite L is done with opp ftwk):

Step R to R (ct 1); step slightly bkwd onto ball of L ft (ct &); step R in front of L (ct 2).

There is a slight down-up-down feeling: down on R, up on ball of L; down on R.

This step can also be done slowly, over four cts, with a hold on ct 4.