

DEBKA B'NOT HAKFAR
(Israel)

Choreographer: M. Eskayo

Composer: Y. Sagi

Record: Na'arah IFC 1, Side 2, band 1.

Formation: Line (Debka) hold hands, face ctr.

cts

Pattern

PART I.

- 1 Step L on L.
- 2 Step fwd on R.
- 3 Step in place on L.
- 4 Step R on R.
- 5-6 Step-hop on L (R fwd bent at knee off floor).
- 7-8 Stamp R,L,R.
- 9-14 Repeat cts 1-6.
- 15-16 Feet side by side, 3 bounces in place.

PART II. (Moving and facing R, CCW)

- 1-4 4 runs R,L,R,L (knees high and bent fwd).
- 5 Jump on R (to face ctr of circle), L behind R bent at knee off floor.
- 6 Jump on L in place, R off floor bent fwd.
- 7-8 Feet together, 3 bounces in place.
- 9-16 Repeat cts 1-8.

PART III.

- 1-4 Repeat cts 1-4, Part I.
- 5 Step in place on L.
- 6 Jump on R (replacing L), L bent at knee behind R.
- 7 Step in place on L.
- 8 Stamp 2 times with R (beside L).
- 9-16 Repeat cts 1-8.

PART IV.

- 1 Jump on both feet (separated).
- 2 Hop on L in place.
- 3 Step R behind L.
- 4 Step L on L; cross R in front of L.
- 5-8 Repeat cts 1-4 in reverse, to R.
- 9 Run fwd on R.
- 10 Run L on L.
- 11 Run bkwd on R.
- 12 Close L to R.
- 13 Jump on both ft to R.
- 14 Jump on both ft to L.
- 15 Hop in place on L (R bent at knee).
- 16 2 stamps with R.
- 17-32 Repeat cts 1-16.

DEBKA B'NOT HAKFAR (continued)

All four parts repeat three more times, and then PART V is done once.

PART V.

- 1-7 Repeat cts 1-7 of Part III.
8 1 stamp with R to close.

Presented by Moshe Eskayo

Notes by Laura Resnick