

DEBKAT HABIR
(Israel)

Source: This dance was choreographed by Moshe Levy to music by Sharabi. The title means Heroic Debka.

Record: Tikva T-69

Formation: Circle of individual dancers facing ctr. Hands are joined, upper arm close to body, elbow bent with forearm twd ctr of circle. Arm is an "L" shape.

Steps: Bounce, Step-hop, Brush, Leap Walk, Tap, Turn

<u>Measures</u> (2/4)	<u>Pattern</u>
	I.
1 - 2	With ft together, bend and stretch knees 4 times (2 per meas).
3	Bend and stretch knees (ct 1), hop on L (ct 2).
4	Extend R heel fwd and touch floor, supporting knee bends (ct 1), close R to L (ct 2).
5 - 16	Repeat the action of meas 1-4 (Fig I), three more times.
	II.
1	Release hands, cross arms behind back, face CCW, jump on both ft (ct 1), hop on R kicking L to L side (ct 2).
2	Cross L behind R (ct 1), step R beside L (ct 2). These are running steps.
3 - 4	Repeat the action of meas 1-2 (Fig II), reversing footwork.
5 - 16	Repeat the action of meas 1-4 (Fig II), three more times.
	III.
	Still facing CCW join hands R fwd, L bwd, and held low.
1	Step R fwd, slight bend of knee, arabic style (ct 1), hold (ct 2).
2	Repeat the action of meas 1 (Fig III), stepping fwd on L.
3	Step R fwd, bend both knees (ct 1), step on L in place, straighten knees (ct 2).
4	Brush R in place, accent bwd (ct 1), leap on R in place, accent bwd (ct 2).
5	Cross L behind R, ball of ft on floor, both ft straight (ct 1), hold (ct 2).
6	Bend and stretch knees twice (cts 1, 2).
7	Hop on R slightly to R side (ct 1), leap L to L side (ct 2).
8	Close R to L (ct 1), hold (ct 2).
9 - 16	Repeat the action of meas 1-8 (Fig III).
	IV.
	Face ctr, hands on neighbor's shoulders, toes and knees turned out, knees bent and remain bent throughout Fig IV. Very strong movement.

DEBKAT HABIR (CONT.)

<u>Measures</u>	<u>Pattern</u>
1	Stamp R (strong) (ct 1), hold (ct 2).
2	Tap L behind R twice (cts 1,2). Take wt on second tap.
3 - 6	Repeat the action of meas 1-2 (Fig IV), two more times.
7	Leap to R on R, bringing L ft about knee high and close to R leg (ct 1), leap onto L in place and kick R fwd, L knee bent, R knee straight (ct 2).
8	Bring both ft together and go down in squat pos (ct 1), come up straightening both knees (ct 2).
9 - 16	Repeat the action of meas 1-8 (Fig IV). <u>Note:</u> During meas 1-6, head is turned R in direction of movement.

V.

Hands on neighbor's shoulders, head turned in LOD, knees bent.

1	Stamp R to R (strong) (ct 1), hold (ct 2).
2	Release hold, turn 1/2 R (CW) and step L in LOD (ct 1), immediately regain shoulder hold. Hold (ct 2).
3	Step R behind L (ct 1), small step to L on L (ct 2).
4	Hop on L a little to L (ct 1), step R behind L (ct 2).
5 - 8	Repeat action of meas 1-4 (Fig V), reversing footwork, but continuing to move in LOD.
9 - 16	Repeat action of meas 1-8 (Fig V).

VI.

Face CCW, join hands, R fwd, L bwd, held low.

1	Step fwd on R (ct 1), hold (ct 2).
2	Brush L fwd (ct 1), leap on L (ct 2).
3	Step bwd on R (ct 1), hold (ct 2).
4	Close L to R (ct 1), bounce (ct 2).
5	Step fwd on R (ct 1), hold (ct 2).
6	Brush L fwd (ct 1), hop on R (ct 2).
7	Step fwd on L (ct 1), step bwd on R (ct 2).
8	Close L to R (ct 1), bounce (ct 2).
9 - 16	Repeat action of meas 1-8 (Fig VI).

Presented by: Ruth Browns