

DEBKA LA'EMEK
(Israel)

This line dance was choreographed by Rivka Sturman.

Pronunciation:

Translation: Debka of the Valley

Music: 4/4 meter.

Formation: Lines in a simple hold, face LOD.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
<u>PART A.</u>		
1	1-2	Debka step facing LOD.
	3-4	Step L in LOD and bend L knee.
2	1-2	Repeat cts 3-4, meas 1, with R ft.
	3	Step on ball of L fwd.
	4	Step R fwd.
3	1-2	Repeat cts 3-4, meas 1.
	3-4	Repeat cts 3-4, meas 1, with R ft.
4	1-2	Repeat cts 3-4, meas 2.
	3-4	Repeat cts 3-4, meas 1.
5	1-2	Step R fwd and hold.
	3-4	Repeat cts 3-4, meas 2.
6	1-2	Repeat cts 3-4, meas 2.
	3-4	Repeat cts 3-4, meas 1.
7	1-2	Repeat cts 3-4, meas 1, with R ft.
	3-4	Repeat cts 3-4, meas 1.
8	1-2	Stamp R beside L and hold (on stamp turn R shldr in LOD).
	3-4	Repeat cts 1-2, meas 8.
9-16		Repeat meas 1-8.
<u>PART B.</u>		
1	1	Step R in LOD.
	2	Brush L in LOD.
	3-4	Brush L in back and hop on R bkwd.
2	1-4	Two steps bkwd L,R.
3	1-4	Two steps L, R in RLOD while turning sharply on 1st step.
4	1-2	Step L to L (face ctr).
	3-4	Close R beside L while rising to balls of ft.
5	1-2	Lunge with R to R (knees bent, face ctr).
	3-4	Cross L over R (body up).
6	1-4	Repeat meas 5.
7	1-4	Two steps fwd R,L.
8	1-2	Step fwd R.
	3-4	Close L beside R while turning CCW 1/2 ending up on balls of ft.

DEBKA LA'EMEK (Continued)PART C.

- 1-4 1-16 Eight steps fwd in RLOD starting with R (one step per 2 cts); on the 8th step, rise to balls of ft turning to face ctr; with each step clap hands in front of body and above head).
- 5-6 1-8 Repeat meas 5-6, Part B.
- 7-8 1-8 Repeat meas 7-8, Part A.

Presented by Ya'akov Eden