

DEBKA MAGEN (Defense Debka)  
(Israel)

Choreography by Shlomo Bachar

Music by Toby David

Formation: Line, holding hands.

Pronunciation: DEB-kah mah-GEN

Music: I Remember, Hadarim IV. Side B, Band 3.

Cts

PATTERN

CHORUS - PART I. Facing CCW.

- |       |   |
|-------|---|
| 1     | Jump fwd on both ft (legs should be slightly apart and knees should be bent).   |
| 2     | Small hop bkwd on the L ft while placing R heel in front of L ft.   |
| 3     | Hop (vigorously) on the L ft while raising R knee (high).   |
| 4     | Step-cross with the R ft in back of the L.  |
| 5     | Step with the L ft to the L side turning to face CW.  |
| 6     | Vigorously stamp with the R ft in front of L (without bending body).  |
| 7-8   | Hop twice on the L ft while raising R knee and while making half a turn to own R side so that you now face CCW again. |
|       | <u>Facing ctr.</u>  |
| 9     | With the legs slightly apart, bend down.  |
| 10    | With the legs slightly apart, raise up (straighten legs).   |
| 11    | Repeat action of ct 9.  |
| 12-16 | Repeat action of cts 4-8.   |
| 17-30 | Repeat action of cts 1-14.  |
| 31    | Hop on the L ft while raising R knee to face CCW again.   |

PART II.

- |       |   |
|-------|---|
| 1     | Vigorously stamp with the R ft to R side while sharply turning head to the R side too.  |
| 2     | Repeat action of ct 1, Part II in reverse.  |
| 3-5   | Sharply turn head to face R side while stepping to the R side with the R ft, then closing with the L ft and stepping with the R ft to R side. |
| 6-8   | Hold, hold, hold.   |
| 9-16  | Sharply turn head to face ctr and hop-slide bkwd, hold, four times on both ft (legs should be slightly apart and knees should be bent).       |
| 17-32 | Repeat action of cts 1-16, Part II.   |

DEBKA MAGEN (continued)PART III

1-31 Repeat action of cts 1-31, Part I, Chorus (see note at end of dance).

PART IV. Facing ctr.

1 Hop on the L ft while extending the R leg to the R side.  
 2 Cross-step with the R leg over the L ft.  
 3-4 Step bkwd with the L, R.  
 5 Step fwd with the L ft while R toes of R ft are touching closely in back of the L ft (both knees should be bent).  
 6 Hold.  
 7 With a little jump bkwd close L leg next to the R leg while straightening legs.  
 8 Hold.  
 9-10 Step fwd with the R ft and hold.  
 11-12 Cross with the L ft in front of the R and hold.  
 13-14 Step bkwd with the R ft and hold.  
 15-16 Close with the L ft next to the R and hold.  
 17-32 Repeat action of cts 1-16, Part IV.

NOTE: Wait two cts before repeating the Chorus.

Presented by Shlomo Bachar