

Debka Medabeket

(Israel)

A debka choreographed by Shmulik Gov-Ari in 1989. The lyrics were written by Ehud Manor and it is sung by the group Hadudaim.

Pronunciation: DEHB-kah meh-dah-BEH-keht Translation: Contagious Debka
 Music: 4/4 meter *Stockton Folk Dance Camp 2011*
 Erica Goldman - Israeli Folk Dances CD, Track 4
 Formation: Open circle of dancers facing CCW, hands joined in V-position whenever possible.
 Steps & Styling: Sharp, clean and bouncy movements. Refer to “Steps Used in Israeli Dancing.”

Meas 4/4 meter

Pattern

4 meas INTRODUCTION. Begin dance with the lyrics of the song.

I. FIGURE 1

- 1 Facing and moving CCW, beg R, two walking steps moving (cts 1, 2); Cha-cha-cha step fwd CCW (cts 3,&4); with slight emphasis on ct 4.
- 2 Facing CCW but moving twd ctr, step L to L (ct 1); step R behind L (ct 2); Cha-cha-cha step moving twd ctr step L to L (ct 3); step R next to L (ct &); step L to L (ct 4).
- 3 Grapevine moving R away from ctr, with emphasis on each step on R (cts 1-4).
- 4 Yemenite R and sharply face ctr (cts 1,&2); step L to L (ct 3); stamp R next to L without wt (ct 4).
- 5-8 Repeat meas 1-4.

TRANSITION I

- 1 Two Debka steps, R-L, moving twd ctr (cts 1-2); step heavily R fwd, bending knee and leaving L in place (ct 3); twist on both ft half-pivot L to face away from ctr and transfer wt to L (ct 4).
- 2 Repeat meas 1 moving away from ctr and end facing CCW.

II. FIGURE II

- 1 Facing and moving CCW, beg R, two walking steps moving (cts 1, 2); Cha-cha-cha step fwd CCW (cts 3,&4).
- 2 Step L, R while making a half-turn L to face CW (cts 1, 2); Cha-cha-cha step moving bkwd (L, R, L) CCW (cts 3,&4).

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- 3 Step back R (ct 1); step fwd L (ct 2); step R fwd (ct 3); pivot on R while making a half-turn R, to end facing CCW (ct 4).
- 4 Step L fwd (ct 1); kick R twd ctr, crossing in front of L (ct 2); step R fwd (ct &); step L fwd (ct 3); sharply face ctr and stamp R next to L without wt (ct 4).

TRANSITION II

- 1 Yemenite R (cts 1,&,2); Yemenite L (cts 3,&,4).

III. FIGURE III

- 1 Facing and moving CCW, beg R, two low debka steps (cts 1-2); plant R fwd (ct 3); with wt on R pivot one-half to L to face CW (ct 4).
- 2 Walk bkwd two steps, L-R (cts 1-2); Back Yemenite L (cts 3,&,4).
- 3 Moving twd ctr with R shldr, step R to R (ct 1); step L behind R (ct 2); hop on L (ct 3); step R to R (ct &); stamp L next to R without wt (ct 4).
- 4 Three walking steps, L-R-L (cts 1-2-3) while making a small curve to L to face CCW; stamp R next to L without wt (ct 4). Clapping pattern: Clap on the “&” after each of the first three steps, then clap *while* stamping on ct 4.

Sequence:

Fig. I twice; Transition I; Fig II twice; Transition II, Fig III twice.
That pattern is done twice plus Fig I and Transition 1.

Presented by Erica Goldman

Lyrics

Kum achshav u'keshor mitpah
V'nafnef bah me'al harosh
Hatzlacha tamid muvtah
Kach avir v'tispor shalosh
Ken hadebka medabeket
Ein omed bif'nei hatof
Ken hadebka medabeket
Gam ata tirkod basof

Get up, tie a knot in your kerchief
And let it flutter on your head
You can't go wrong
So take a deep breath and count three
Yes, the debka is contagious
The sound of the drum is irresistible
Yes, the debka is contagious.
Eventually, you too will dance!

Hashura darka kotsetset
V'hiluch r'kiya mahir
U'l'feta hi kofetset
V'kofeyt rega ba'avir
Ken hadebka medabeket

The line of the dance cuts sharply
And moves with fast stamps
Then suddenly it jumps
And freezes for an instant in mid-air
Yes, the debka is contagious

Remember that the “ch” in Hebrew is pronounced like a hard “H” as if you were clearing your throat.

For example, “Kum achshav” is pronounced “Koom *ah*-SHAHV.”

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Ten, ten, ten katef
 Yachad k'mo nahar shotef
 Ken, ken, hitstaref
 Ten l'gufcha l'hisachef
 Ken, ken, zeh hakef, ad sh'targish al saf hetkef
 Ken, ken, hitstaref, ad shetatchil l'hisaref

Derech mala, derech mata
 Kmo pulchan me'olam atik
 Shuv v'shuv gam im nigmart
 Ad asher lach'shov tafsik
 Ken hadebka medabeket

Lo zocher me'ayin bati
 Lo chashuv li l'an elech
 Kol od b'raglai nishbati
 Et kol hakoshi l'rakech
 Ken hadebka medabeket

Ein omed bifnei hatof, gam ata tipol basof!

Give, give, give a hand
 We'll dance together like a flowing river
 Yes, yes, join in
 Let yourself get carried away, it's fun
 Yes, yes, dance to the brink of collapse
 Yes, yes, dance until you're in a mess

The road rises, the road falls
 Like a ritual from the ancient past
 On and on, beyond exhaustion
 Until your brain gives up
 Yes, the debka is contagious

I don't remember where I came from
 I don't care where I'm headed
 But I swear, on my feet
 I will smooth over every difficulty
 Yes, the debka is contagious

You too will dance till you drop

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For example, “Kum achshav” is pronounced “koom *ah*-shav.”