

ISRAELI:

DEBKA MAGEN
(Defense Debka)

FORMATION: Line, holding hands

CHORUS - PART I

FACING CCW

- 1 Jump fwd. on both feet (legs should be slightly apart and knees should be bent).
 - 2 Small hop bwd on the left foot while placing right heel in front of the left foot.
 - 3 Hop (vigorously) on the left foot while raising right knee (high).
 - 4 Step-cross with the right foot in front of the left so that you now face CW.
 - 5 Step with the left foot to the left side.
 - 6 Vigorously stamp with the right foot in front of left (without bending body).
 - 7 - 8 Hop 2x on the left foot while raising right knee and while making half a turn to own right side so that you now face CCW again.
- FACING CENTER
- 9 With the legs slightly apart, bend down.
 - 10 With the legs slightly apart, raise up (straighten legs)
 - 11 Repeat 9.
 - 12 - 16 Repeat 4-8.
 - 17 - 30 Repeat 1-14.
 - 31 Hop 1x on the left foot while raising right knee to face CCW again.

PART II

- 1 Vigorously stamp with the right foot to right side while sharply turning head to the right side too.
- 2 Reverse 1.
- 3 - 5 Sharply turn head to face right side while stepping to the right side with the right foot, then closing with the left foot and stepping with the right foot to r. side.
- 6 - 88 Hold, hold, hold.
- 9 - 12 Sharply turn head to face center and hop-slide bwd. 4x on both feet (legs should be slightly apart and knees should be bent).
- 13 - 24 Repeat 1-12.

continued...

DEBKA MAGEN (Continued)

PART III
1 - 31

Repeat 1-31, PART I - CHORUS (see note at end of dance).

PART IV

FACING CENTER

- 1 Hop on the left foot while extending the right leg to the right side.
- 2 Cross-step with the right leg over the left foot.
- 3 - 4 Step bwd. with the left, right.
- 5 Step fwd. with the left foot while right foot's toes are touching closely in back of the left foot (both knees should be bent).
- 6 Hold
- 7 With a little jump bwd. close left leg next to the right leg while straightening legs.
- 8 Hold
- 9 - 10 Step fwd. with the right foot and hold.
- 11 - 12 Cross with the left foot in front of the right and hold.
- 13 - 14 Step bwd. with the right foot and hold.
- 15 - 16 Close with the left foot next to the right and hold.

NOTE:

Wait two counts before repeating the CHORUS PART.

continued...

TERMINOLOGY AND ABBREVIATIONS

(Before reconstructing a dance, carefully read the following explanations.)

LOD	Line of direction
RLDD	Reverse line of direction
Step	Put full weight on foot
Touch	No weight on foot
R.	Right foot
L.	Left foot
FWD.	Forward
BWD.	Backward
CW	Move according to the clock
CCW	Move counter clockwise

Every dance has a 4 measure introduction. All the steps described are done to a $\frac{1}{2}$ note unless otherwise indicated. Also, every step can be reversed starting with the other foot.

Step-hop:	Step and hop on the same foot (2 counts).
Yemenite Left:	Yemenite step left: Step with the left foot to the left side (bend knees), step on the right toe in back of the left foot, step-cross with the left foot in front of the right; hold on the 4th count.
Yemenite Right:	Reverse the Yemenite left, starting with the right foot to the right side.
Mayim Step moving to the right side:	Facing the center of the circle: step-cross with the left foot over the right, step with the right foot to the right side, step-cross with the left foot behind the right, step with the right to the right side.
Mayim Step moving to the left side:	Reverse the Mayim Step moving to the right side starting with step-cross with the right foot over the left.
Debka Jump:	Jump with feet together while turning knees to left side. Jump again while turning knees to original position.
Pás de Basque: Hora Step to the Left:	Little hop on the left foot, hop on toes of the right foot right next to the left, hop back on the left foot.
Hora Step to the Right:	Reverse Hora Step to the Left.
Cherkessiye:	Step with right foot forward, while raising arms up, step backward with the left foot bringing arms down, step backward with right foot, step forward with the left foot (4 steps to 4 counts).
Double Cherkessiye:	Right foot crosses over the left foot, step on the left foot in back of the right, step on the right foot to the right side. Then reverse: left foot crosses over the right foot, step on the right foot in back of the left, step on the left foot to the left side.
	Add: right foot crosses over the left foot, step on the left foot in back of the right.