

RAMOT (Debka)
(Heights)

Dance: Moshe Eskayo

Music: Raja

Formation: Open circle Debka. Face center, holding hands (unless otherwise noted).

Part 1

- 1-4 Bounce on both ft, lift L, step L behind, R to right side
5-8 Lift L high in front with bent knee, step L crossing over R, lean R, lean L
9-10 (moving CW) cross R in front, step L to left
11-12 Repeat meas. 9-10
13-16 Stamp R, step R with R hip to ctr, step back on L, close R to L with stamp
17-22 Step R to ctr, touch L beside R bending knees (slap hands on thighs), (turning to L) step on L lifting R foot behind (clap), step R, step L, close R to L finishing turn to face center
23-24 Bounce twice (hold hands at shoulder level)
25-26 (moving CCW) lean back on R (R hand comes back, L hand fwd) step L fwd (clap)
27-28 Repeat meas. 25-26
29-32 (join hands) (facing to R) step R,L with bounce on each step (low, bending knees)
33-34 Step R to ctr, back on L
35-40 (turn outside to right) step R, L fwd (facing outside of circle), back on R, (turning to left) leap onto L to face ctr, stamp R, hold

Repeat Part 1 Measures 1-32

Part 2

- 1-4 Facing center, R to right, L behind, R to right, L in front
5-8 Cross R over L, hop on R (clap), step to L on L, stamp R
9-12 Stamp R, R to center, (pivot around to left to face out) L fwd, back on R
13-16 Rock fwd on L, step fwd on R, (turning left to face ctr) Yemenite L (cts. 15-16, double-time)

Repeat Part 2

Continued....

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Part 3

- 1-4 (moving toward ctr) touch R in front, rock fwd on R, rock back on L, rock fwd on R
- 5-8 Repeat 1-4 starting on L
- 9-10 Touch R, rock fwd on R
- 11-12 (pivot around to left to face out) fwd on L, rock back on R
- 13-14 Repeat 11-12 (still facing out)
- 15-16 Close L to R with two bounces
- 17-32 Repeat meas. 1-16 facing out, ending up to face center

Part 4

- 1-2 (moving CCW) stamp R to right (R shoulder to ctr), step L on ball of foot behind
- 3-4 Repeat 1-2
- 5-8 (turning bkwd to R) bounce on both feet with feet spread, R, both, L, to make one complete circle, end facing center
- 9-12 Step R diag to right, jump on both turning L hip to ctr, back on R, step L to left
- 13-16 Repeat 9-12

Repeat Part 4

Repeat Parts 1-4 (with all repeats)

Ending

- 1-4 Repeat Part 4, meas. 1-4
- 5-8 Repeat Part 4, meas. 5-8
- 9-12 Yemenite R, Yemenite L
- 13-17 Repeat Part 1, meas. 35-39 (end with arms up and "Hey!")

Presented by Moshe Eskayo

Notes: Joan Hantman