

Debka Hora

For ages 9+



*The song is sung to Lai, all the way through
Two different sections with different actions*

Body percussion game:

First Section

Beat one: Tap right knee with right hand, click fingers of left hand.
Beat two: Tap right shoulder with right hand.
Beat three: Tap left knee, click fingers of right hand.
Beat four: Tap left shoulder with left hand.

Beat five: Tap right knee with right hand, click fingers of left hand.
Beat six: Tap right shoulder with right hand, tap left shoulder with left hand.
Beat seven: Click fingers of right hand, click fingers of left hand.
Beat eight: Clap hands.

Repeat

Second Section

Very similar in that it follows the same rhythmic pattern.

Beat one: Stamp right foot, tap left knee with left hand.
Beat two: Click fingers of right hand.
Beat three: Stamp left foot, tap right knee with right hand.
Beat four: Click fingers of left hand.

Beat five: Stamp right foot, tap left knee with left hand.
Beat six: Click fingers of right hand, click fingers of left hand.
Beat seven: Tap right knee, tap left knee.
Beat eight: Clap hands.

Repeat

The song is a traditional melody from Israel and has a traditional dance which can be found on the internet.