

# Mitzta'er (C)

Sorry. 1991. Naftaly Kadosh.

## Part 1

- Start facing **a**. Most of the dance is done in double time.
- |       |             |   |
|-------|-------------|---|
| 1     | <b>lr</b>   | Debka kick with <b>r</b> foot (toe pointed) while hopping on <b>l</b> , step.   |
| 2     | <b>rl</b>   | Debka kick with <b>l</b> foot (toe pointed) while hopping on <b>r</b> , step.   |
| 3-4   | <b>rlrl</b> | Going <b>a</b> : open with ¼ pivot <b>a</b> to face <b>i</b> , step <b>b</b> , open, step <b>f</b> . Done in a running gait – like a reverse grapevine. |
| 5-8   |             | Repeat 1-4.   |
| 9     | <b>rr</b>   | Kick <b>i</b> with a crossing action, step <b>i</b> .   |
| 10-11 | <b>lrlr</b> | Going <b>i</b> facing <b>a</b> : open, step <b>b</b> , open, stomp foot next to <b>l</b> .  |
| 12    | <b>r-</b>   | Stomp foot, pause.  |
| 13-14 | <b>lrl-</b> | Side Yemenite.  |
| 15-16 | <b>rl</b>   | Full turn <b>c</b> going <b>o</b> . <i>On repeat: ¾ turn to finish facing i.</i>  |

Repeat **Part 1**.

## Part 2

- Facing **i**.
- |       |             |   |
|-------|-------------|---|
| 1-2   | <b>rlr-</b> | Balance, balance, stomp, pause.   |
| 3-4   | <b>lrrl</b> | Going <b>i</b> : Debka kick, Debka kick.                                    |
| 5-6   | <b>rlrl</b> | Cherkessia.   |
| 7-8   | <b>lrrl</b> | Going <b>i</b> : Debka kick, Debka kick.                                    |
| 9     | <b>b-</b>   | Hop onto both feet, pause.  |
| 10    | <b>rr</b>   | Hop, hop.   |
| 11-12 | <b>lrl-</b> | Going <b>o</b> backwards: step together step, pause.                        |
| 13-14 | <b>rlr-</b> | Back Yemenite.  |
| 15-16 | <b>lrlr</b> | Step <b>f</b> , rock <b>b</b> , step <b>b</b> and ¼ pivot <b>c</b> , stomp. |

## Part 3

- Facing **a**.
- |     |             |   |
|-----|-------------|---|
| 1-2 | <b>lrrl</b> | Going <b>i</b> : Debka kick, Debka kick.                          |
| 3-4 | <b>lrlr</b> | Hop, walk, walk, stomp.   |
| 5-6 | <b>rlr-</b> | Side Yemenite.  |
| 7-8 | <b>lrl-</b> | Full push turn <b>c</b> , pause. <i>On repeat: ¾ push turn c.</i> |

Repeat **Part 3**.

## Transition

- Facing **i**.
- |     |             |  |
|-----|-------------|--|
| 1-2 | <b>rlr-</b> | Side Yemenite with ¼ pivot <b>c</b> to face <b>a</b> . |
| 3-4 | <b>lrl-</b> | Back Yemenite.   |

Start **Part 1** again.

Jack Steel's step notation (see <http://www.israelidances.com/StepsLegend.htm> for explanation of the codes):

**{{DS<sub>Cb</sub>W}k<sub>ixSi</sub>S<sub>bils</sub>FY<sub>ol</sub>T<sub>o/3</sub>}B<sub>s</sub>D<sub>i</sub>R<sub>i</sub>D<sub>i</sub>z<sub>+</sub>z<sub>hl</sub>W<sub>ob</sub>&R<sub>i</sub>T<sub>1s</sub>{Dh<sub>IWs</sub>YS<sub>IT/3</sub>}Y<sub>p1</sub>&**  
**L. 2B B B. B W J Z B. Z 2B W 2B I B Z Z W. 2B W Z Z. W Z**