

Bafana To The End

拍数: 48 墙数: 4 级数: Phrased Improver
编舞者: Gabby Parker (SA) - March 2016
音乐: Baleka Bafana by The Swingsetters



Music available: https://m.soundcloud.com/sebenzi/baleka_bafana

Intro: 32 counts

Part A – 32 counts

Sec A1: Walk forward R and L, shuffle half turn back. Walk back R & L, shuffle half turn forward

- 1-2 Walk forward on R, walk forward on L
- 3&4 Step back on R making ¼ turn L, step L together with R, step back on R making ¼ turn L
- 5-6 Walk back on L, walk back on R
- 7&8 Step forward on L making ¼ turn L, step R together with L, step L forward making ¼ turn L

Sec A2: Jazz jump, R rock, L behind side cross X 2

- &1-2 Jump out R forward, jump out L forward, rock onto R to right side
- 3&4 Cross L behind R, step R to R, cross L over R
- &5-6 Jump out R forward, jump out L forward, rock onto R to right side
- 7&8 Cross L behind R, step R to R, cross L over R

Sec A3: Paddle ¼ turn, R jazz box

- 1-4 Step forward on R, pivot L 1/8 th turn, Step forward on R, pivot L 1/8th turn(9o'clock)
- 5-8 Step R over L, step L back, step R to R side, touch L next to R

Sec A4: L Kick ball touch, R back rock & L kick, R touch. Sway R, L, R, L

- 1&2 Kick L forward, step L next to R, touch R next to L
- 3&4 Rock back on R, at the same time kicking L forward, step L next to R, touch R next to L
- 5-8 Sway R, sway L, sway R, sway L

PART B: 16 counts

Starting at 6 o'clock – repeating sequence 5 times ending at 12 o'clock

Sec B1: R Rocking chair X 2 to L diagonal

- 1-4 Rock/Stomp R across L (4.30), recover on L, rock back onto R straighten to 6 recover onto L
- 5-8 Rock/Stomp R across L (4.30), recover on L, rock back onto R straighten to 6 recover onto L

Styling When doing the rock forward, bring both arms down from R shoulder across front to L hip, like chopping with a pickaxe. When rocking back, bring arms back to shoulder height.

Sec B2: Duck walk forward, run run

- 1-2 Step R forward to R diagonal on ball of foot, swiveling R heel in to the L, L heel swiveling L, keeping knees bent. Step L forward on ball of foot to L diagonal swiveling L heel to R and R heel to R, keeping knees bent.
- 3-4 Step R forward to the R diagonal on ball of foot, swiveling R heel in to the L, L heel swiveling L, keeping knees bent. Step L forward on ball of foot to L diagonal swiveling L heel to R and R heel to R, keeping knees bent.
- 5-8 Slow run R, L, R, L making half turn turning L to 12 o'clock

Repeat

The arm movement imitates the action that was done by the migrant workers from Zimbabwe when mining in SA and singing Shozoloza to lighten the workload.
Shozoloza meaning to go forward.

The song became synonymous with “struggle “ and
Nelson Mandela used to sing it while working when he was on Robben Island.

Baleka Bafana was a song written and submitted to FIFA by... for the 2010 soccer World Cup held in SA.

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