

# Bafana To The End

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**Count:** 48

**Wall:** 4

**Level:** Phrased Improver

**Choreographer:** Gabby Parker (March 2016)

**Music:** Baleka Bafana by The Swingsetters

**Music available:** [https://m.soundcloud.com/sebenzi/baleka\\_bafana](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  $\frac{1}{4}$  turn L, step L together with R, step back on R making  $\frac{1}{4}$  turn L
- 5-6 Walk back on L, walk back on R
- 7&8 Step forward on L making  $\frac{1}{4}$  turn L, step R together with L, step L forward making  $\frac{1}{4}$  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  $\frac{1}{4}$  turn, R jazz box**

- 1-4 Step forward on R, pivot L  $\frac{1}{8}$  th turn, Step forward on R, pivot L  $\frac{1}{8}$ th 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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