

Part A Start 32 counts after trumpets starts until change of music - 10 walls**1 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

2 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

3 Paddle ¼ turn, R jazz box

1 - 4 Step forward on R, pivot L 1/8 th turn, Step forward on R, pivot L 1/8 th turn (9o'clock)

5 - 8 Step R over L, step L back, step R to R side, touch L next to R

4 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 Starting at 6 o'clock – repeating sequence 5 times ending at 12 o'clock**1 R Rocking chair to L diagonal X 2**

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 rocking forward bring both hands down across the front to the left hip, like chopping with**a pickaxe. When rocking back, bring hands back to shoulder height.****2 Duck walk forward, run run**

1 - 2 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 to on ball of foot, swiveling L heel to R and R heel to R, keeping knees bent.

3 - 4 Repeat steps 1-2 of section 2

5 - 8 Slow run R, L, R, L making half turn turning L to 12 o'clock

Music <https://m.soundcloud.com/sebenzi/baleka-bafana>**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 The Swingsetters for the 2010 soccer World Cup held in SA.**