

Bhangra

Punjab

(NW India and E Pakistan)

Originally a men's dance linked to agricultural celebrations and derived from agrarian themes. It is now done by both men and women and is found in dance clubs and parties throughout the world. Bhangra music, typified by the use of the Dhol (pronounced dole) drum, has been greatly influenced by contemporary western music and has found worldwide popularity and fame.

Pronunciation: BONG-grah
Formation: Single Circle or circular mass
Position: Standing individually, facing CCW
Music: Roots of Bhangra, "Immortal Bhangra" - Meter 4/4

Cts. Movement (*Wait for four sets of drum beats before starting*)

16 WALKS

Sixteen slow walks starting with the Right foot. Hands are held up above the head, arms are bent at the elbow. On each count the elbows bend (lowering the hands) and dropping the shoulders down. The hands then extend back up to come back down on the count. The feet and hands are going at the same time.

16 PINWHEEL

Right foot steps toward the center of the circle on count "1" and hops. Then the left foot steps (in the same place) on count "2" and then hops. This is repeated to the outside of the circle with the same footwork (counts 3&4). The arms are extended from the shoulder and kept apart (in a "T" position). The right arm is brought forward into the circle when the right foot is placed forward, and is taken high over head to follow the right foot backward. Each step takes one count.

16 PLANTING

Step Right foot "1", then hop three times (234) with the left foot lifted while slowly rotating 1/3 to the left, then repeat with the opposite foot and direction, repeat again with the left and then again with the right (facing away from the center of the circle at the end of the 4th time. The hand is extended to follow the foot that is in the air during the turning.

8 SQUATS

Squat down (back straight, hands up) on count "1" and bounce in the same squat on count "2". Pivot 1/2 right, (right foot) to face the center of the circle and bounce only the shoulders on count "4". Then pivot 1/2 right (left foot this time) to face the back and repeat the step again.

16 CHUGS

Slide forward with both feet on count "1", slide back on "&" to go forward again on count "2". There are 16 chug steps total. Start with feet apart, hands up (moving forward like the feet) two times then move the hands low and repeat twice. Repeat through the end of the section.

16 WALKS

16 PINWHEEL

16 PLANTING

8 SQUATS

16 PINWHEEL

The END

PRESENTED AT THE 2004 POURPARLER BY GARY LARSEN