

Bhangra

(Pakistan)

Bhangra, meaning “marriage,” was learned from Wim Bokoy. According to Wim: “Bhangra originally was a free-style farmers’ dance from Punjab and adjacent areas in Pakistan. Later on it started a second life in the United Kingdom, where it provided Indian teenagers their own musical identity within the existing disco culture. The combination as presented is just a tie-down of a few of the enormous number of figures and patterns of Bhangra. If you really get into it, *feel free to improvise.*” Wim learned it from Jan Knoppers, who learned it in England.

Pronunciation: BAHN-grah

Music: Tape from Wim Bokoy.

4/4 meter

Formation: Individuals in a circle. Face center, except as noted.

Styling: A tendency to have knees splayed and feet equally everted, and “heavy in the middle,” or, as if you were wearing diapers and (as Yaakov Eden put it in describing another dance) are “carrying a load.” Bouncy throughout.

This dance is especially popular with younger dancers. It is not necessary to count rigorously, but only to listen to the music and change as it does. A part of the style of this dance is to be relaxed, stay loose, be improvisational and not very serious.

Meas

Pattern

1-17 “Jog” CCW around room.

I. AIRPLANE

1 Moving R (CCW), facing ctr and holding arms out to sides, step on R to R (ct 1); step on L next to R (ct 2); repeat (cts 3,4).

2-5 Repeat meas 1 four times (total of 10 step-together).

6 Tilted R, palms down; repeat meas 1 with opp ftwk and direction.

7-11 Repeat meas 6 five times (total of 12 step-together).

II. BOUNCES

2+2+2+1 Hands on waist, moving side R, repeat Fig I, meas 1 (step-together twice).

2 Repeat meas 1, cts 1-2 (step-together) (cts 1,2); bounce twice (cts 3,4).

3-4 Repeat meas 1-2 to L.

5-6 Repeat meas 1-2.

7 Repeat meas 1 to L.

III. AIRPLANE

1-5 Repeat Fig I, meas 1 five times (total of 10 step-together to R).

6-10 Repeat meas 1-5 to L (total of 10 step-together to L).

11-18 Repeat meas 1 to R (total of 16 step-together to R).

Bhangra—continued

- IV. MARRIAGE
- 1-2 Facing ctr, clap and chug (ct 1); then chug seven more times. Each chug is accompanied by a distinctive pelvic thrust that you can incorporate to whatever degree you feel is appropriate and safe; watching Wim I surmised that people in that part of the world are very open about their sexuality, or as Wim put it: “It is what you think it is.”
- 3-8 Repeat meas 1-2 three more times for total of four.
- V. CHORUS
- 1-4 (a) R arm extended out to side, palm out, fingers up; L arm bent with elbow out and back and hand cupped near head. Step-together eight times.
- 5-6 (b) Move arms downward and up in a CW arc ending about 45 degrees short of vertical saying “OH-HO” (cts 1,2); reverse motion, saying “AH-HA” (cts 3,4); repeat (OHO, AHA).
- 7-10 (c) Repeat (a) (meas 1-4).
- 11 Move arms CW as in (b), but at half the speed while saying “OH-HO,” ending with arms mirror the way they were in (a), and moving to L.
- 12-20 Step-together 18 times to L.
- VI. DIAPERS
- 1-4 (a) Turning slowly one time in place CW, stepping R-L, R arm extended high above head with palm turned facing upward, L arm extended down and to the side, palm facing down.
- 5-8 (b) Repeat meas 1-4 with opp direction, hands, ftwk.
- 9-16 Repeat meas 1-8.
- VII. CHORUS. Repeat Fig V.
- VIII. KNEES, WAVES
- 1 (a) Facing ctr or slightly L of ctr, and with arms and hands positioned as in last part of chorus except instead of to the side, R arm is extended fwd in front and left elbow extended back. Touch ball of R with some wt in front of L (cts 1,2); lift R in front of L, toe pointed down (cts 3,4).
- 2-4 Repeat meas 1 three times (total of 8 touch-lift).
- 5-8 (b) Repeat meas 1-4, except twist to L while lifting R, allowing ft to kick outward.
- 9 (c) Touch R in front of L as arms, held fwd and down, move L (cts 1,2); touch R diag to R as arms move R (cts 3-4).
- 10-12 Repeat meas 9 three times (total of 8 touch-touch).
- 13-16 (d) Repeat meas 9-12, except arms move upward on every 2nd, 3rd, and 4th beat, then down again to repeat.
- IX. CHORUS. Repeat Fig V.
- X. HEJ-HEJ, CHUGS, WINDMILLS
- 1-8+4+2+2 (a) Similar to Fig II, “Bounces”, except yell “HEJ, HEJ” when bouncing; repeat to L; repeat all (total of 8 meas)
- 9 (b) Hold or chug slightly fwd (ct 1); extend arms fwd chugging back (ct 2); bring arms in at chest level, chugging fwd (ct 3); leap in place, lifting legs, knees bent and out, arms extended upward (ct 4).
- 10-12 Repeat meas 9 three times (4 total).

Bhangra—continued

- 13-14 (c) Arms extended in “windmill,” R arm moving diag downward and to R, step-pivot CW three times moving to the R and turning 1\2 turn on each pivot (cts 1,2,3); hold (ct 4). Reverse ftwk and direction (mirror image) to move to L.
- XI. CHORUS. Repeat Fig V.
- XII. CLAPS AND TOE TOUCHES, PIVOTS
- 1 (a) Facing and moving LOD, clap hands, arms straight and diagonally down while touching R fwd (ct 1); step fwd on R (ct 2); repeat with opp ftwk, still moving LOD
- 2-5 Repeat meas 1 four times (5 total).
- 6-10 (b) Repeat meas 1-5 except clap high.
- 11 (c) Repeat meas 1 in place facing ctr (R,L).
- 12 Still facing ctr, lift on L (ct 1); step on R in place (ct 2); lift on R (ct 3); step on L in place (ct 4), holding arms just above shldr level, elbow bent slightly, hands extended outward and slightly upward, palms down, pushing out and back with each beat.
- 13 Making a full CCW turn, step on R (ct 1); hop on R (ct 2); step on L (ct 3); hop on L (ct 4), first bringing R arm fwd, down, and around, then bringing L arm up and back, for each rotation.
- 14-25 Repeat meas 11-13 four times (5 total).
- 26 Hold.

Notes by Gary Diggs
Presented by Gary Diggs

Errata

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Bhangra

Note: As taught recreationally in Albuquerque, NM.

CD: *Workshop, Stockton 2006*, Band 3.

Styling: add at end: Step-together means bring feet close but not actually together.

Fig I: add: Starts with singing.

meas 1: add: ... arms out to sides, R arm tilted up, L arm tilted down, step ...

meas 6: add: ... with opp ftwk, arm tilt, and direction.

Fig II: change: 2+2+2+1 to 1.

meas 2: change to: ... bounce 3 times (cts 3.&.4).

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Fig IV, meas 1-2: change to: ... clap and chug fwd (ct 1); then chug bkwd seven ...

Fig V, meas 1-4: add: ... Step together (R-L) eight times.

meas 5-6: change: “OH-HO” to “OOOH” (long O) both times and “AH-HA” to “AAAH” (long AH).

Fig VI, meas 1-4: change to: ... stepping R-L, L arm extended high with palm turned facing upward, R arm extended down ...

Fig VIII, meas 1: delete: instead of to the side.

meas 5-8: add at end: ... to kick outward to R.

Fig X: change: 1-8+4+2+2 to 1-8.

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meas 13-14: change to: ... 1/2 turn on each pivot (R-L-R-L) (cts 1,2,3,4). Repeat with same ftwk in opp direction (mirror image) ...