

## How We Danced at Home By ZioraMmachi Bender-deMoll

This article 'How We Danced at Home' is a collection of videos showing dances from different locales that people grew up with. They are representatives from San Jose/Bay Area, New York Haiti, and South Africa.

### Voice Over Transcript

#### Intro

**ZioraMmachi Bender-deMoll:** Hi Uncle Moses, it's Ziora. I'm doing an article for InDance magazine, and it's about different dances people do from home and I wanted you to send me some dances you do from home....

**Moses Omolade:** Ziora how are you doing? Thanks for your message and also thanks for thinking of me. My question is, when you say home is it like traditional dances from the village my parents come from, or, can it be like contemporary, kind of modern Yoruba dance? Like current dances that are current now in Nigeria. So let me know, and yes, I'll get you something.

#### Main Part

**Thomas Schumake:** This is DJ Thomas J, 94.1 FM, KPFA, Afro Urban Society, Soulful Sound Audio, General Bay Area Kat. And, growing up in the Bay we had all kinds of styles, we had different styles in the city, and Oakland and Richmond and the South Bay and San Jose. San Francisco the number one dance they would do would be called the Get Low, that was the specific city dance. In Oakland they did a lot of Turf Talking, a lot of boogalooing, poppin N' lockin. And Richmond had the Richmond Robot. But down in San Jose, we had the old school style. And we more floated and glided, with a little bit of the lockin. As we got older the hyphy movement took over and everyone got hyphy and started to Ghost Ridin' the Whip. But, I'm from the old school, so we're gonna celebrate a little South Bay, San Jose lockin'.

**Chidinma Emeka:** I don't know the name of the dance, but the name of the song is Udobonchi. It's a dance I do at home with my family for fun. Whenever I do the dance, it makes me feel like I am on top of the world. The atmosphere is so natural and .... cool. I feel so.... happy whenever I'm doing that dance.

**Lindiwe Msimang:** So growing up in South Africa, we had a ton of dance styles that we grew up with, but one of my favorites was a dance that was called 'Qobetsa' which means 'break your back' and the other one was 'Sika lakheke' which means 'cut the cake'. And the reason why I picked these two dance styles is because you don't really need too much energy and you don't need to be like a professional dancer to do these. Like it was one of those dances that everyone could do, your grandmother, little kids, just like everyone can do it as long as they see and then they try it, like, they can just do it. So, I picked those two dance styles and there was actually a song that later came out that kind of like put together all the most popular dance styles in like one song. And it would go,

Shapa Manyesa ha monate so!

Shapa Qobetsa ha monate so!

Shapa li'ngwazi ha monate so!

Sika lakheke li ha monate so!

**Moses Omolade:** These dances were around in the 90's, when I grew up, I was born in 1986. So, the first dance, as I'm moving my arms in a circle, and gyrating my hips and bending my knees, is called the Cabbage Patch Kid. Yeah, it's just called the Cabbage Patch Kid. I don't know how else to describe what it's named after, I don't know why it's named the Cabbage Patch Kid. \*chuckles\* But this is the name of the dance. And you essentially just move your arms in a clockwise or counterclockwise motion, you lean and sway side to side. And then, the second dance is like a version of a dance called the Reebok. But I just haven't done it in so long and it is seven o'clock in the morning, so my joints are not as loose. \*laughs\* But that is a version of the Reebok.

**Natacha Jeanty:** The song I am dancing to is by Alan Cavé. The song title is Se Pa Pou Dat. And the music style and dance genre is compas. This dance is kinda memorable to me because growing up, I always had the opportunity to dance not with a male partner but with my mom or an older adult. And it just makes me feel connected in that elder/daughter role or elder/granddaughter role in terms of how we create connection, amongst older women, not necessarily through mimicking activities, but for us it was dancing with that older cousins, adults, aunts and what have you.

### **Video Description**

This video begins with a graphic title page with colorful collage text in the vibe of 'House Party' movie. The text is set against a black and white photo of the front porch of a house with a tree on the right side of it. Overlaid over the photo of the house, and around the title are thumbnail photos of people in different dance-still poses with their names and regional titles beneath the photo.

The title text reads 'How We Danced at Home'

The thumbnail captions goes according to the following

Image: A man in a black fitted hat, sweatshirt and jeans

Title: Thomas, San Jose/Bay Area, CA

Image: A young chocolate brown woman with blue braids dressed in a black bra tank top, a red scarf around her hips smiling and in active dance mode.

Chidinma, Imo State, Nigeria

Image: A young caramel brown woman with blond curly twists with her hands in the pose of a 'pouncing cat'

Lindiwe, Johannesburg, South Africa

Image: A chocolate brown person with a light blue cropped hoodie with their arms in front of them

Title: Moses, Brooklyn, NY

Image: A woman in a plaid blouse and a girl in a partner dance pose.

Title: Natacha, Haiti

The title slide slide page then opens to highlight reels of these different people dancing with in their home spaces with an audio playing over it.

Then another frame comes in with the cream brown man in a black fitted hat, sweatshirt and jeans dancing outside. He is sliding and moving his limbs in a smooth robot-like style.

The next frame is Chidinma, from Imo State dancing in a hallway with white walls in front of a brown door and a plant behind her, on top of a gray rug.

The next frame is Lindiwe, Johannesburg, South Africa dancing in front of a black and colorful printed wall backdrop with horoscope images all over including sun, moon, and all the astrological signs.

The next frame is Moses, Brooklyn, NY in a room with a yellow wall, hanging plants and some frames and knick knacks in boxes and stools behind him. He is dancing and he pauses to think and continues dancing

The next frame is Natacha, Haiti with a girl dressed in pink animal print pajamas doing a partner dancing in a room with plants, artwork, and hanging decorations and fixtures around.

The video closes with a title frame with a gradient gray background that reads:

Creator + Editor

ZioraMmachi Bender-deMoll

Featured:

Thomas Schumake

Chidinma Emeka

Moses Omolade

Lindiwe Msimang

Natacha Jeanty & Azariah

Special Thanks To:

Nkeiruka Oruche  
Skye Bender-deMoll  
Cheta Bender-deMoll

**bio**

ZioraMmachi is a 10-year old who is curious about the world around her. She loves to write, play, climb, read (taking away books is a dreaded consequence), draw, take photos, listen to music and a lot of other things. She is grateful for being invited (thanks mom!) for this issue. She is a co-author of the Notable & Notorious Nigerian Women Coloring book