

# Feel rhythm like you never have before!

*In South Africa, we have a different way of playing soccer. It's rhythmic. Sometimes showy, but never boring. We call it Diski and it's unique to our beautiful country.*

Every Diski move has a name and although the names are in different languages and come from different parts of the country, one thing's for sure... they're all lots of fun! Try "Tsamaya", "Heel Extension Mkhari" and "Chester" for size!

We've put 5 of these moves together to create the Diski Dance. All the football moves, minus the ball! Check it out, then have a jol (great

time) practicing the steps with your friends and share your version of the Diski with the world on [www.southafrica.net/2010](http://www.southafrica.net/2010). It could win you some grand 2010 prizes – including a hot spot at one of the games.

Enough said. It's time to move!

**FLY THE FLAG**  
for South Africa



[www.southafrica.net/2010](http://www.southafrica.net/2010)

**Move 1: The Juggle** Also referred to in township lingo as "Tekka". This move involves juggling the soccer ball from your left foot to your right foot and visa versa

**Step 1:**

Stand straight, legs apart, knees bent, elbows against and arms away from your body.



**Step 2:**

Jump to bring your feet together.



**Step 3:**

Kick your right foot forward.



**Step 4:**

Bring your right foot back.



**Step 5:**

Kick your left foot forward and bring it back. Repeat steps 3 – 5 four times.



**Move 2: The Header** Quite simply this move is about bouncing the ball on your head.

**Step 1:**

Stand as if you're looking at a soccer ball in the air.



**Step 2:**

Header (bounce) the imaginary ball up to the right – let your whole body follow the soccer ball and use your hand and feet.



**Step 3:**

Stand as if you're looking at the soccer ball coming down towards you.



**Step 4:**

Header (bounce) the imaginary ball up to the left – let your whole body follow the soccer ball and use your hand and feet.



**Step 5:**

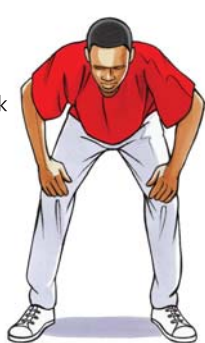
Start all over again and repeat 4 times.



**Move 3: Table Mountain** This playful move requires that you position yourself bent over with your back flat like a table. The ball would need to be kept behind your neck.

**Step 1:**

Place hands on bent knees, flatten your back imagining the soccer ball is on your back.



**Step 2:**

Take a step back with your left leg. Lift your left arm to point at the ball.



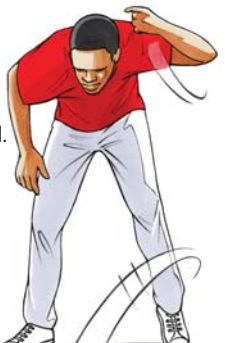
**Step 3:**

Take a step back with your right leg. Lift your right arm to point at the ball.



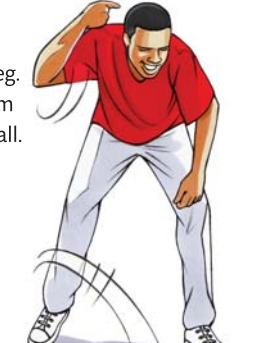
**Step 4:**

Take a step back with your left leg. Lift your left arm to point at the ball.



**Step 5:**

Take a step back with your right leg. Lift your right arm to point at the ball.



**Move 4: Trepá** Trepá is the common South African name of this cool move. After holding the ball from behind your neck you then flick it over your head and hold it on your foot. You then kick the ball twice with your right foot.

**Step 1:**

After 4 counts, release an imaginary ball from your back over your head



**Step 2:**

Hold the ball with your right foot.



**Step 3-5:**

Using your right leg kick the ball and bounce it.



**Move 5: The Bridge** The locals refer to this move as the "Brija". It involves passing the ball over with your right foot over your left foot and back again four times. You then end off the dance by kicking the ball into the net.

**Step 1-4:**

Using your right leg only, jump over an imaginary ball.



**Step 5:**

Using your right leg again, kick the ball.

