



**Tumetoka Mbali (We've come a long way)**  
**Tumetoka Mbali**

*John Otieno Oduor Rapasa*

TUME TOKA MBALI... KUMWABETIE,  
TUME TOKA MBALI... KUMWACHOPE,  
TUME TOKA MBALI... KUMWABETIE,  
TUME TOKA MBALI... KUMWA CHUNG'IE.

TUME TOKA MBALI... KUMWABETIE,  
TUME TOKA MBALI... KUMWACHOPE,  
TUME TOKA MBALI... KUMWABETIE.

We've come a long way... where we are seated,  
We've come a long way... where we've reached,  
We've come a long way... where we are seated,  
We've come a long way... where we are standing.

We've come a long way... where we are seated,  
We've come a long way... where we've reached,  
We've come a long way... where we are seated.

TUME TOKA MBALI... PAHALI TUMEFIKA,  
TUME TOKA MBALI... PAHALI TUMEKETI,  
TUME TOKA MBALI... PAHALI TUMESIMAMA,  
TUME TOKA MBALI... PAHALI TUMEKETI.

TUME TOKA MBALI... PAHALI TUMEFIKA,  
TUME TOKA MBALI... PAHALI TUMEKETI,  
TUME TOKA MBALI... PAHALI TUMEFIKA.

BUL MA MOR – DHANO WINJO,  
MBAKA MAMIT – DHANO NYIERE,  
BUL MA MOR – IRWADHE OTENGA,  
MBAKA KAMIT – YWAYO PINJE, **WOLOLO YAYEEEEEE.....**  
BUL MA MOR – DHANO WINJO, **WOLOLO YAYE!!!**  
MBAKA MAMIT – DHANO NYIERE,  
BUL MA MOR – A MON MIELO,  
MBAKA KAMIT – YAYE YWAYO PINJE.

TUME TOKA MBALI... KUMWABETIE,  
TUME TOKA MBALI... KUMWA CHUNG'IE,  
TUME TOKA MBALI... KUMWABETIE,  
TUME TOKA MBALI... KUMWA CHUNG'IE,  
TUME TOKA MBALI... KUMWABETIE,  
TUME TOKA MBALI... KUMWA CHUNG'IE.

The loudest drum – people will hear (will have a big audience),  
A great conversation – people laugh (enjoy),  
The loudest drum – we shake shoulders to,  
A great conversation – pulls nations, **WOLOLO YAYEEEEEE...**  
The loudest drum – people will hear (will have a big audience), **WOLOLO YAYE!!!**  
A great conversation – people laugh (enjoy),  
The loudest drum – women dance to,  
A great conversation – pulls nations.

Goma itakuwa kubwa – watu watasikia (tutakuwa na watazamaji wengi),  
Mazungumuzo mazuri – watu watacheka (furahia),  
Tutatikisika mabega kwa ngoma kubwa,  
Mazungumuzo mazuri huvutia mataifa,  
Goma itakuwa kubwa – watu watasikia (tutakuwa na watazamaji wengi),  
Mazungumuzo mazuri – watu watacheka (furahia),  
Wanawake watasakata rhumba kwa ngoma kubwa,  
Mazungumuzo mazuri huvutia mataifa.

We've come a long way... where we are seated,  
We've come a long way... where we are standing,  
We've come a long way... where we are seated,  
We've come a long way... where we are standing,  
We've come a long way... where we are seated,  
We've come a long way... where we are standing.

TUME TOKA MBALI... PAHALI TUMEKETI,  
TUME TOKA MBALI... PAHALI TUMESIMAMA,  
TUME TOKA MBALI... PAHALI TUMEKETI,  
TUME TOKA MBALI... PAHALI TUMESIMAMA,  
TUME TOKA MBALI... PAHALI TUMEKETI,

Aaaaa... WAN WADWIR,  
WAKEDO GI TIMBE ANJAO ALUORA,  
Aaaaa... WAN WADWIR,  
WARINGO GI WECHÉ MANG'ENY IKORWA  
Aaaaa... WAN WADWIR,  
WARINGO GI WECHÉ MANG'ENY ALUORA,  
Aaaaa... WAN WADWIR.

ARA NEGIE JOWA!!!

THIRI NG'INYI NG'INYI NG'INYI NG'INYI DHANO NYIERO,  
THIRI NG'INYI NG'INYI NG'INYI NG'INYI DHANO NYIERO,  
THIRI NG'INYI NG'INYI NG'INYI NG'INYI DHANO RING'O,  
THIRI NG'INYI NG'INYI NG'INYI NG'INYI DHANO RING'O,

### TUME TOKA MBALI... PAHALI TUMESIMAMA.

Aaaaa... we are still on toes,  
Fighting against inhuman practices around,  
Aaaaa... we are still on toes,  
But still holding a lot in our hearts,  
Aaaaa... we are still on toes,  
Running with a lot around us,  
Aaaaa... we are still on toes.

My people watch out!!!

Aaaaa... bado tuko kwa vidole vya miguu,  
Tukipambana na dhidi ya vitendo binadamu kote,  
Aaaaa... bado tuko kwa vidole vya miguu,  
Lakini bado tumeshikilia mingi katika mioyo yetu,  
Aaaaa... bado tuko kwa vidole vya miguu,  
Tunakimbia na mingi karibu nasi,  
Aaaaa... bado tuko kwa vidole vya miguu.

Watu wangu angalia!!!

People might laugh disorderly,  
People might laugh disorderly,  
People might retreat in a rout,  
People might retreat in a rout,

Watu wanaweza kucheka bila utaratibu,  
Watu wanaweza kucheka bila utaratibu,  
Watu kushindwa kwa urahisi,  
Watu kushindwa kwa urahisi,

KIRI DONG' CHIEN,  
KIRI KIRI KIRI DONG' CHIEN,  
KIRI DONG' CHIEN,  
KIRI KIRI KIRI DONG' CHIEN,  
KIRI DONG' CHIEN,  
KIRI KIRI KIRI DONG' CHIEN,  
KIRI DONG' CHIEN,  
KIRI KIRI KIRI DONG' CHIEN.

Don't be left behind,  
Don't don't don't be left behind,  
Don't be left behind,  
Don't don't don't be left behind,  
Don't be left behind,  
Don't don't don't be left behind,  
Don't be left behind,  
Don't don't don't be left behind.

Msiwachwe nyuma  
Msiwachwe msiwachwe, msiwachwe nyuma,  
Msiwachwe nyuma  
Msiwachwe msiwachwe, msiwachwe nyuma,  
Msiwachwe nyuma  
Msiwachwe msiwachwe, msiwachwe nyuma,  
Msiwachwe nyuma  
Msiwachwe msiwachwe, msiwachwe nyuma.

THIRI NG'INYI NG'INYI NG'INYI NG'INYI DHANO NYIERO,  
THIRI NG'INYI NG'INYI NG'INYI NG'INYI DHANO NYIERO,  
THIRI NG'INYI NG'INYI NG'INYI NG'INYI DHANO RING'O,  
THIRI NG'INYI NG'INYI NG'INYI NG'INYI DHANO NYIERO.

People might laugh disorderly,  
People might laugh disorderly,  
People might retreat in a rout,  
People might laugh disorderly.

Watu wanaweza kucheka bila utaratibu,  
Watu wanaweza kucheka bila utaratibu,  
Watu kushindwa kwa urahisi,  
Watu wanaweza kucheka bila utaratibu.

*[CHORUS]*

*[CHORUS]*

[KIITIKIO]

BUL MAMOR KENYA BUL MAMOR,  
 BUL MAMOR YAWA BUL MAMOR,  
 BUL MAMOR BUL MAMOR,  
 BUL MAMOR OWETE BUL MAMOR,  
 BUL MAMOR NYIMEGE BUL MAMOR,  
 BUL MAMOR YAWA BUL MAMOR,  
 MBAKA MAMIT BIUNEE MBAKA MAMIT,  
 MBAKA MAMIT BI UWINJ MBAKA MAMIT,  
 MBAKA MAMIT BIUNEE MBAKA MAMIT,  
 MBAKA MAMIT BIUNEE MBAKA MAMIT,  
 MBAKA MIMIT NYITHIWA MBAKA MAMIT,  
 MBAKA MAMIT YAWA MBAKA MAMIT,  
 BUL MAMOR YAWA BUL MAMOR,  
 BUL MAMOR BUL MAMOR.

WOLOLO YAYEEEEEE.....  
 WOLOLO YAYE!!!

Loud drum Kenya loud drum,  
 Loud drum my people loud drum,  
 Loud drum loud drum,  
 Loud drum brothers loud drum,  
 Loud drum sisters loud drum,  
 Loud drum my people loud drum,  
 Great conversation my people great conversation,  
 Great conversation come and witness great conversation,  
 Great conversation come and listen great conversation,  
 Great conversation come and witness great conversation,  
 Great conversation our children great conversation,  
 Great conversation my people great conversation,  
 Loud drum my people loud drum,  
 Loud drum loud drum.

WOLOLO YAYEEEEEE.....  
 WOLOLO YAYE!!!

Ngoma Kubwa Kenya ngoma kubwa  
 Ngoma kubwa watu wangu ngoma kubwa  
 Ngoma kubwa Ngoma kubwa  
 Ngoma kubwa kaka Ngoma kubwa  
 Ngoma kubwa ndugu Ngoma kubwa  
 Ngoma kubwa watu wangu ngoma kubwa  
 Mazungumzo kubwa watu wangu mazungumzo kubwa  
 Mazungumuzo kubwa kuja uone mazungumuzo kubwa  
 Mazungumuzo kubwa kuja usikie mazungumuzo kubwa  
 Mazungumuzo kubwa kuja na uone mazungumuzo kubwa  
 Mazungumuzo kubwa watoto wetu mazungumuzo kubwa  
 Mazungumuzo kubwa watu wangu mazungumuzo kubwa

WOLOLO YAYEEEEEE.....  
 WOLOLO YAYE!!!

Ngoma kubwa watu wangu ngoma kubwa  
Ngoma kubwa ngoma kubwa

Composed and arranged by John Otieno Oduor Rapasa, 28/02/2017, Nairobi, Kenya  
Kutunwa na kupanga John Otieno Oduor Rapasa, 28/02/2017, Nairobi, Kenya

Rapasa Otieno: Lead Vocals (**Mwimbaji mkuu**), Nyatiti, Ongeng'o and/ na Gara  
Prasad Velankar: Tabla and Dholak  
Andrew Ngatia: Bass  
Kirit Prattin: Bansuri  
Fezile Mauncho and Daniel Osanyo: Supporting Vocals (**waimbaji wasaidizi**):

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Languages (**Lugha**): Luo and Kiswahili

These songs were written in response to the experiences of human rights defenders in Colombia, Mexico, Egypt, Kenya, and Indonesia through the research project 'Navigating Risk, Managing Security, and Receiving Support' led by Dr Alice Nah at the Centre for Applied Human Rights, University of York.

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For more information on the research project see [securityofdefendersproject.org](http://securityofdefendersproject.org) or contact [security-of-defenders-project@york.ac.uk](mailto:security-of-defenders-project@york.ac.uk)  
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