

With origins reaching back to their West African ancestry as well as during the era of African American slavery, work songs served the purpose of alleviating the mundane nature of repetitive tasks as well as providing a forum for the song leader to keep the group together through rhythms and lyrics. These songs often incorporate the grunts and movements of workers and the sounds of their implements as counterpoint.

Field holler and a work song ... These songs are to some extent categorised in two elements, both of which can be heard on our Backtracking production. The main difference between a field holler and a work song is that the field holler has a flexible rhythm and the work song has a steady beat.