

‘Ori Tahiti Stance

Posture

Feet together firmly placed on the ground for strong roots– connect to fenua. Ankles sturdy like the trunk of a tree. Gently bend your knees and keep your back straight and tall, do not arch or crunch your pelvis. Pull down through the shoulder blades and pull back from the rib cage. Neck and head held high.

Tautea

Ready position of the dance. Hands on hips.

‘Ori Tahiti Steps

(Tā’iri) Toma/ Toma toma

A single bump to one side/ A double bump to each side.

(Tā’iri) Tāmau

To Strike. Bumping your hips side-to-side, hitting each side hard.

’Ōtamu

Moving your forward and backwards, with a deep crunch in the front and deep flex in the back. Sometimes you hit the corners like a bowtie.

’Āfata

Box. Moving your hips to form the four corners of a box shape.

Tūmami (’ami)

Large, slow circle with your hips

Fa’arūrū

To shake. Shimmy of the body through use of quick back and forth movement of the knees.

Fa'arapu

To mix or stir. Fast moving hips in a rapid rotation.

Tāmau (Taere)/ Hura

Softly swaying your hips side-to-side, lifting your heels to push your hip through.

Varu

Figure eight. Moving your hips in the shape of a figure-8, crunching up on the sides.

Tua ne'e

Back crawl. A body roll, keeping the shoulders upright.

Tārou

Outstretch the foot. Swing the toe from front to back.

Ope Position

One leg in front, knee bent with toes on ground. Can be used with many steps, though often seen with Tūmami

'Amaha

Stepping one foot to the front, then back together, moving the weight over the foot. Can be used with many steps, though often seen with Tāmau.

TAUTEA - Ready position

ATAU - Right

AUI - Left

HURI - To turn

I MUA - Move forward

I MURI Move backward

I RARO - To go downward

I NI'A - To come upward

