

'Ori Tahiti Stance

Posture

Feet apart, firmly placed on the ground for strong roots– connect to fenua. Ankles sturdy like the trunk of a tree. Bend your knees low and keep your back straight and tall, do not arch or crunch your pelvis. Tall upper body. Neck and head held high.

Tautea

Ready position of the dance. Hands on hips.

Tarava

Arms outstretched to the sides, pulling away from the body in a line with a small bend at the elbows.

'Ori Tahiti Steps

Pa'oti

Spine straight, weight back, slightly lift your heels. Pull knees apart and clap them together again on the rhythm.

Ueue

Jumping from one foot to the other. Bounce twice on each side.

'Ōtamu

Moving your forward and backwards, with a deep crunch in the front and deep flex in the back. Front to back right, front to back left. 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

Totoro

Big step, sitting low. Arms move from your front to your side.

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.

Taparuru

To shake your tapa. Legs far apart, knees bent low. Quickly lift your feet up and down, alternating sides, to make the insides of your thighs shake

Tue

Moving to one side pushing the opposite foot outwards and landing with a stomp. Change directions.

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