

INĀ HAUMĀNA

'Ori Tahiti Basics

Arm positioning:

- Tarava - Both arms out, gentle elbows and palms slightly up
- Owow - fists at the belly
- Ini'a - Arms above head, slightly forward that you can look at your hands
- Tautea - hands at hips
- Genie style
- One arm lava (hands open or fist), other arm down
- One hand behind head, other on hip or over belly button
- Arms front, hands clasped
- Freestyle movement - arms should never be down unless doing varu or part of choreography

Tautea- ready stance

Fa'arapu - Fast circles

Tumami - Slow circles with your hips making sure you crunch your stomach and when you go back you arch your back.

Varu - Figure 8

Varu Hela – Varu motion for 3 counts, then hela foot
-- repeat on the other side

Ta'iri' Tamau - Side to side

Afata – Box

Ruru - Shimmy, shaking of one leg then the other

Fa'atere - Traveling tamau

Fa'atui or Toma Toma - Double tamau

Te Hape Hape – While doing fara’apu, twist hips side to side

Fa’arori – Varu fara’apu

We’we- round circles focused on the back side

Pai pai - double hit 45 degrees forward, then back. One leg patia. Switch

Fa’amenemene – Ami fa’arapu

Fa’atopa – Sitting on your shins, fara’apu

Ope’ – One leg out at an angle, weight on back leg – push up and around in tumami motion

‘Ori Opu – Stomach roll

Tu’u Ne’e – Duck walk

Tarava - hook

Tupaperepere - step, cross, step, tap on right then left

Otamu - crunch forward and back *variation front and diagonal right and front diagonal left

Pepe - half ami

Tarou- leg sweep, starting with leg pointed in the front the sweeps to the back (behind)

Amaha- step right foot forward and right foot back together 4x then switch step left forward and left back together 4x(similar to kawakawa) hips need to be moving in a tiri tamau motion

Toma toma- like tamau but double, feet together, knees bent hips go right 2x then left 2x

Aparima Terms:

Tamau Tere - slow tamau, push hip up and shift weight (like hula ka’o)

Fa’atere - Hura right 4 steps, then left 4 steps (like hula kaholo holo)

Toro - Right foot stretched out, tap 45 degrees, repeat on left side (like hula hela)

Here Tifene - Hura walking forward, 4 counts, hura back, 4 counts

Amaha, Varu, Tarava, Ope'

Terms:

'Ia Orana - Hello

Maohi - Tahitian person

Fenua – Land

Moana – Ocean

Tai - Ocean

Tane – Polynesian man

Tamari'i – Child

Inia - up

Atau - right

Ou'i - left

I mua – Move forward

I raro – Go down

Patia - point toe or leg

Te'e - on your tiptoes

Vahine – Polynesian woman

Tamahine – Girl (child)

Tamaroa – Boy (child)

Maururu - Thank you

Maeva - Welcome

Huri – Turn

Te'i – On toes