

# Hokihoki Tonu Mai Poi Waka

(New Zealand)

Maori dance with Poi balls.

Pronunciation:

Music: Hokihoki Tonu Mai Poi Waka

4/4 meter

Starting Position: Standing with hands holding poi balls at waist.

Steps: Basic footwork: Lift R heel, lift L heel.

Advanced basic footwork: Touch R ft as L knee bends (ct 1); rais R knee (ct 2).

| Meas  | Arm movements  |
|-------|--|
|       | <b>Part 1</b>  |
| 1-2   | R arm makes 8 fwd circle with poi ball (same way arm naturally circles from shldr). L hand remains on L hip.   |
| 3-5   | R arm cross in front to L side (ct 1).<br>R arm crosses back to R side (cts 2).<br>Repeat cts 1-2 (cts 3-4).<br>Repeat meas 3 twice (6 arm cross movements total).                       |
|       | <b>Part 2</b>  |
| 6-7   | Use both poi balls but work arms as in meas. 1-2   |
| 8-10  | Use both poi balls and cross in front to opposite sides. R hand always crosses on top. Repeat 5 more times   |
|       | <b>Part 3</b>  |
| 11    | Walk forward for 4 steps-R ft, L ft, R ft, L ft while both arms circle forward on each step  |
| 12    | Walk backward for 4 steps-R ft, L ft, R ft, L ft and circle poi balls as in meas. above  |
| 13-15 | Back to basic footwork. Start regular circles on each side. Bring both hands closer together in front so R hand is on top of L hand and continue circles. Then open back to sides.       |
|       | <b>Part 4</b>  |
| 16-17 | Step on R ft and turn ¼ right, L heel is slightly off the floor. Body also faces to R side. Circle poi balls forward   |
| 18-19 | Step L ½ turn to face L, with R heel slightly off the floor (swivel feet). Reverse the direction of the poi balls.<br>Think :Bottoms up with poi balls "and" ct                          |
| 20    | Turn ½ to R and reverse circles again (swivel feet) (cts1-2) .Think: Top over with poi balls on ct. 1.<br>Turn ¼ L to face front while continuing to circle poi balls in same direction. |
|       | <b>REPEAT</b>  |
| 21-40 | Repeat dance. On ct. 1 of meas. 21 bring L hand back to waist.   |
| END   | After last ct let poi balls stop.  |

Presented by Marilyn Gentry and Nora Nuckles