

Pomai

(New Zealand, Maori)

Starting Position: Feet are stationary, R arm bends up at elbow in front of shldr, L arm bends in across body to end with L hand palm facing body about chest level, slightly across center line.

Basic Step: L ft is stationary. Both legs bend as R leg pumps up and down.

Music:

4/4 meter

Pattern A		
1	Turn 1/4 to L, R ft fwd with L heel up, step down on L heel, step slightly back on R with L heel up, L heel back down. Repeat cts 1-4.	cts 1, 2 R arm out in front, shldr level as body faces L. cts 3, 4 L hand on hip, R arm and head back to R a 1/4 turn, keeping arm straight. Repeat cts 1-4.
2	Repeat meas 1	
3	Pivot on L, bring R to L (and count) 1 Basic 1 Basic 2 more Basics	Arms with palms in slide up from thighs up to abdomen. Arms straight out in front to clap hands, palms rotate to face down on ct 4. Arms stay in front with whirl whirl.
4	R ft fwd with L heel up, step down on L heel, step slightly back on R with L heel up, L heel back down	Arms (same pos), R arm follows R ft fwd and back, L arm moves gently to accommodate movement of R side.
5	Step R ft, turning 1/4 to R, L ft touches out to L side of body Repeat clapping sequence with opp feet and arms turning 1/2 to L	As you turn both hands, scoop up with clap, scoop down clap, R arm ends up straight over head 45 degrees, L arms down at 45 degrees (form diagonal). Opp arms.
6	Repeat meas 5 using 1/2 turns	
7	4 Basic - Turn 1/4 R	R hand on waist, L arm out straight above head level 45 degrees, L hand palm toward head making 4 waves.
8	4 Basic	R arm bends up at elbow in front of shldr, L arm bends in across body to end with L hand, palm facing body about chest level close to R elbow (tree).
9-16	Repeat all of Pattern A	
Pattern B		
17	4 uwehes (R,L,R,L)	With R uwehe both arms up at 45 degrees on R side and overhead, fingers flick open. Reverse with L uwehe. Repeat same arms with last two uwehes.
18	4 Basics	Arms out to own sides about 45 degrees and chest level, cross in front of body like an X with R arm with L arm closer to body. Repeat arms, but on second, cross R arm closer to body.
19	1 Basic 1 Basic 2 more Basics	Arms with palms in slide up from thighs to abdomen. Arms straight out in front to clap hands, palms rotate to face down on ct 4. Arms stay in front with whirl whirl.

Pomai—continued

20	1 Basic 1 Basic 1 Basic 1 Basic	Arms move twd body with hands tapping collarbone and elbows out as high as possible, turn upper body and head to R. Reverse arms and head. Repeat cts 1-2. Repeat cts 3-4.
21	Clapping Sequence	Repeat meas 5-6.
22		
23	R ft front, L heel raises, R back, L heel raises while facing 45 degrees L	cts 1-4 Arms out waist level as if holding and breaking stick, break together, slap hips. Repeat cts 1-4.
24	4 Basics	R arm is in front of body bent at 90 degrees up, L arm bent 90 degrees across the body palm facing stomach, not touching. Hands whir, whir.
25	Repeat Pattern B	
32		
	Ending	
33		Repeat meas 23 and 24.
34		
35	4 Basics	Arms pull nets in from L side to ctr, then R side to ctr and repeat both sides.
36	4 Basics	R arm in front of body bent at 90 degrees up, L arm bent 90 degrees across the body, palm facing stomach, not touching it, hands ww.
37	Repeat meas 35 - slowly kneeling down (optional)	
38	Repeat meas 36	Music slows down. R arm extends overhead, pulls down to ear level. Hands still ww, L arm does not change.

Presented by Marilyn Gentry and Nora Nuckles