

Minoi Minoi E

(Samoa)

Pronunciation:

Music:

4/4 meter

Formation:

Steps and

Basic step: Marching R, L, R, L, while moving hips from side to side.

Styling:

Samoaan counting: 1) Tasi, 2) Lua, 3) Tolu, 4) Fa, 5) Limu, 6) Ono, 7) Fitu, 8) Valu. Counting occurs throughout the dance, but is optional.

Cts

Pattern

INTRODUCTION

6 meas

Basic step, in place, hands on waist.

FIGURE A

- 1 Basic R. Hands crossed, palms up, R on top, waist level, hands flip to palms down.
- 2 Basic L. Hands slap thighs.
- 3 Basic R. Clap hands together, slightly above waist level.
- 4 Basic L. Hands same as ct 3.

FIGURE B

- 1 Basic R. R arm behind head, palm to back of head. L arm straight out, palm up, 45° to L.
- 2 Basic L. Reverse arm pattern.
- 3 Basic R. Reverse again, with L arm straight fwd, palm up.
- 4 Basic L. L arm stays the same, R arm comes up over head to clap L hand.
- 5 Basic R. L hand on waist, R arm straight up overhead.
- 6 Basic L. L hand on waist, R arm comes half way down to form R angle, elbow bent.
- 7 Basic R. L hand on waist, R forearm comes to horizontal pos in front of body.
- 8 Basic L. L hand on waist, R forearm returns to parallel pos as in ct 6.

FIGURE C

Gradually turn 1/4 to L beginning at ct 1 and finishing at ct 8.

- 1 Basic R. L arm parallel to L side of body, elbow bent to form R angle. R hand slaps R thigh.
- 2 Basic L. L hand same as ct 1, R hand slaps L hand.
- 3-8 Repeat cts 1-2 three more times (4 total).

FIGURE D

- 1 Touch R in front. L hand on waist, R arm straight up, flip hand out.
- 2 Basic R back in place. R hand on waist.
- 3 Touch L in front. R hand on waist, L arm straight up, flip hand out.
- 4 Basic L back in place. L hand on waist.

Minoi Minoi E—continued

FIGURE D1

Ftwk same as Fig D.

- 1 L hand on waist, R arm bent, chest level, pull back, head looks over R shldr.
- 2 L hand on waist, R hand to waist.
- 3 R hand on waist, L arm bent, chest level, pull back, head looks over L shldr.
- 4 R hand on waist, L hand to waist.

FIGURE E

Ftwk 8 Basic steps R, L, R, L, R, L, R, L.

- & L arm bent, chest level, R arm straight to R side, chest level, hands bent up at wrists with fingers touching thumbs.
- 1 Hands stretched out straight.
 - 2-8 Repeat cts &, 1.
- Gradually, from ct & through ct 8, R arm moves 90° to front.

FIGURE E1

Repeat Fig E with arms reversed: R arm bent and L arm straight to L.

FIGURE F

Ft stationary, hips make small CCW circles.

- 1-2 Hands make fist with R on top of L, waist level 45° to R, while hips make 2 circles.
- 3-4 Hands move to shldr level, hips make 2 circles.
- 5-6 Hands same as cts 1-2 except move to L side, hips make 2 circles.
- 7-8 Hands move to shldr level, hips make 2 circles.

FIGURE F1

Ftwk 8 Basic steps R, L, R, L, R, L, R, L.

- 1 Clap hands 45° to L, waist level.
- 2 Clap hands 45° to R, waist level.
- 3, &, 4 Hands clap above head, R, middle, L.
- 5-8 Repeat cts 1-4.

ENDING

Touch R ft in front, arms overhead, hands turn in.

SEQUENCE: A, B, A, B, A, C
 A, B, A, B, A, C
 A, D, A, D-1, A, C
 A, B, A, B, A, C
 A, E, A, E-1
 A, F, F-1, A, F, F-1
 ENDING

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