

Na Waha

(New Zealand)

This is a traditional dance from New Zealand.

Pronunciation:

Music:

4/4 meter

Formation:

Steps: Basic step: The ball of L ft is stationary, both legs bend as R ft pumps up and down.

Pattern

20 cts

INTRODUCTION

Basic ftwk with hands on waist.

FIGURE A

8 Basic steps while R arm moves front, R side, front for total of 8 arm moves.

R, L heel, R, L heel (4x) to turn 1/4 L with 4 row on R side of body.

R ft in front, R side to 45°, R in front and R arm follows ft L arm at side.

Pivot 1/2 turn on L to R while R arm follows body and comes in with L arm to clap in front.

R Basic steps with L arm out to side slightly bent, and R arm up and slightly bent.

R, L heel R, L heel to turn 1/4 turn L as arms row.

FIGURE B

8 Basic steps and 4 butterfly arms (arms out and in with elbows up and fingers touching and palms down).

8 Basic steps to turn 1/4 to L and arms make trees (L arm across body with palm down and fingers touching under R elbow, and reverse armwork. (3x more)

R ft in front, r to side, R to front while both arms are in front, side, front.

Pivot 1/2 turn on L to R while arms follow to clap in front.

4 Basic steps with L arm out to side slightly bent, and R arm up and slightly bent.

8 basic steps to turn 1/4 L while arms go up and down, R arm first, L arm down, and reverse (3x more).

Repeat Fig A and Fig B.

ENDING

4 Basic steps with R arm front, side, front, side.

2 Basic steps with R tree and L tree.

1 Basic with R tree, R hand scooping in and front (like flourish).

SEQUENCE: Fig A, Fig B, Fig A, Fig B, Ending.

Presented by Merilyn Gentry and Nora Nuckles