

# 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). R arm crosses back to R side (cts 2). Repeat cts 1-2 (cts 3-4). 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. 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. 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