

Tahi/kotahi, Rua, Toru, Wha

(Maori, New Zealand)

Maori Poi Ball Dance – Two Poi Balls

CD: *Aloha, Marilyn Gentry & Nora Nuckles, Stockton Folk Dance Camp 2008, Band 8, 9.* 4/4 meter

Starting Position: See measures 1-6 in introduction below.

Introduction: 31 counts (see below)

Measure	Footwork	Arms
	INTRODUCTION	
1-6	Standing. L	L hand on L hip. Poi ball is string wrapped around hand. R hand on R hip holding unwrapped string of poi ball so poi ball hangs down.
3 meas of 3 cts	Standing	.R hand twirl, twirl, twirl poi ball fwd parallel to body by waist, then by shoulder, and then above head (total of 9 twirls)
1 meas of 4 cts	Lift R heel up and down (1,2). Repeat for cts 3,4.	Twirl poi ball once around on each ct. gradually moving down to waist level. Twirls are made parallel to side of body.
	Dance	
1-2	Lift R heel up & down (lower heel on each ct)	Continue same twirls as in meas 1. Do 8 fwd twirls at waist level.
3-4	Repeat meas 1-2	Cross poi ball from R to L. Continue to cross on each ct. (Making figure 8's parallel to front of body.)
5-6	Repeat meas 1-2	Unwrap poi ball in L hand. Twirl both poi balls as in meas 1-2 (each poi ball on its own side)
7-8	Repeat meas 1-2	Cross both poi balls to opposite sides as in meas 3-4. Cross R arm on top of L arm (making figure 8's parallel to body).
9-10	Walk fwd R, L, R, L, R, L,R,L (one step on each ct)	Twirl poi balls by side. Gradually raise to overhead still twirling parallel to body.
11-12	Repeat meas 1-2	Twirl both poi balls, moving R hand fwd, L hand back. Reverse arms on each ct.
13-14	Walk bkwd R,L,R,L,R,L,R,L (one step for each ct)	Bring R hand fwd, keep twirling L in front. Gradually move down to waist. Meas 11-14 variation: fwd twirl in high position, gradually move down to waist level.
15-16	Repeat meas 1-2	Return to crosses (figure 8's) as in meas 7-8
17-18	Turn ¼ to R. Step on R, touch L toe behind	Count revolutions on the top of the revolution. Twirl 8 revolutions, holding each poi ball on its own side as in meas 1-2

19-20	Turn ½ to L side. Step on L, touch R toe behind	Reverse direction of revolutions of poi balls (bottoms-up after last revolution of meas 18 (& ct of meas 21)). Count revolutions at bottom of each revolution.
21	Repeat ftwk as in meas 17	Reverse revolution of poi balls top-over (& ct of meas 19). Count each revolution at top as in meas 17 (4 revolutions)
22	Turn ¼ to L to face front(Repeat ftwk of meas 18	Continue revolutions (4) as in meas 21
23-24	Repeat meas 1-2	Repeat meas 7-8
25-26	Repeat meas 1-2	While twirling poi balls fwd, move R arm to front, move L arm to front so fists are touching. R hand on top of L hand. Continue twirling the poi balls at the same time by moving fists slightly up and down.
27-28	Walk fwd R,L,R,L. Walk bkwd R,L,R,L (one step per ct)	While continuing to twirl poi balls, hold strings of poi balls together in R hand by placing L string between ring and little finger of R hand. Move R hand slightly up and down.
29	Step on R to R, step on L beside R, step on R to R, touch L beside R.	Continue meas 27-28
30	Repeat meas 29 with opp ftwk and direction.	Continue meas 27-28
31-32	Repeat meas 1-2.	Move R hand behind shoulder-blade by moving forearm back in parallel plane to head. Move L hand slightly to the front by moving forearm. Continue to twirl the poi balls, Alternate hands moving back and in front (back, front, back. front, back, front, back, front—describes movement of R arm. Variation—continue meas 27 and 28.
End	Stand	Hit poi balls on legs or on floor at end.
	Repeat dance from the beginning intro through the end.	

Presented by Marilyn Gentry & Nora Nuckles