

Otuu—Flight of the Heron (Men's)

(Tahiti)

Tahitian ‘OTE’A (Men's version).

Pronunciation:

Music: Otuu—Flight of the Heron

4/4 meter

Starting position: Posed with feet together with fists on hips

Arm positions: Use freestyle as is comfortable and natural with the footwork.

Position 1: Arm raised at shoulder level, bent at elbow, both hands in a loose fist. Other arm is usually lower than waist level, still slightly bent at elbow. Arms may reverse positions or stay the same.

Position 2: Both arms out front to 45 degrees and bent at elbows, chest level (as if lifting weights).

Position 3: Hands above head, framing head, fists clenched.

Meas	Pattern
	Part 1
1	Jump on R ft; kick L ft forward, L leg with knee bent in. Reverse.
2	Repeat meas 1
3	Sidekicks—Jump R ft, bend L knee up and kick out to side to straighten leg. Reverse.
4	Reverse meas 3.
5	4 butterflies, never straighten knees, lift R ft slightly while opening knees (and ct), bring R ball of ft beside L ft, closing knees (ct 1), open knees (and ct), close knees (ct 2). Reverse. (begin with L ft lifting).
6	Repeat meas 5.
7-8	Repeat meas 1-2.
9-10	Repeat meas 3-4.
	Part 2
11	Kick turn, basic body position is bending slightly at waist to the side at which jumping. Jump on R ft, kicking with L leg, knee bent. Jump & kick (4x total) on R ft to turn 360 degrees CW.
12	Reverse ftwk of meas 11 and turn CCW.
13	Side jumps, leap side to side. Leap to R on R ft, lifting R knee up and over to leap R as far as possible while L leg lifts and ends slightly up. Repeat to L side, beginning with L leap on L ft.
14	Repeat meas 13.
15	Double sidekicks, double jump and double kick on each leg. (R ft, R ft, L ft, Lft) (Double the action of meas 3.)
16	1 slow ohuri.
17-18	Repeat meas 11-12.

Otuu (Men's)—continued

Meas	Pattern
19-20	Repeat meas 13-14.
	Part 3
21	Leap on R ft, L ft, R ft, hop on R.
22	Reverse meas 21.
23-24	2 slow ohuris.
25-26	Repeat meas 21-22.
27-28	2 slow ohuris.
29-30	Repeat meas 21-22.
	Part 4
31	Repeat meas 5 & 6 (8 butterflies).
32	Repeat meas 5 & 6 (8 butterflies). If possible turn in place either CW or CCW.
33	Leap R ft, L ft, R ft, L ft.
34	Kick turns CW. Begin with jump on R ft (meas 11).
35	Reverse kick turns. Turn CCW. Begin with jump on L ft.
36	Reverse kick turns CW. Begin with jump on R ft.
37	Leap L ft, R ft, L ft, R ft.
38	Kick turns to turn CCW. Begin with jump on L ft.
39	1 slow ohuri with fists on hips.
	Repeat Dance
40-117	Repeat dance 2 more times.

Presented by Marilyn Gentry and Nora Nuckles

Otuu—Flight of the Heron (Women's)

(Tahiti)

Tahitian 'OTE'A (Women's version).

Pronunciation:

Music: Otuu—Flight of the Heron

4/4 meter

Starting position: Posed with feet together and arms as in meas 1 below

Meas	Steps	Arm movements
	Part 1	
1	Step fwd on R while moving hips R, L, R (3 kapa). Step fwd on L while moving hips L, R, L (3 kapa).	R arm , with elbow bent, across body in front to center line, palm down. L arm at side, slightly out from side. On cts. 3 & 4 reverse arms.
2	Repeat meas 1.	Repeat arms of meas 1.
3	Step on R, kapa R, step on L, kapa L, touch on ball of R ft, roll R hip from front to back(hip circle-front, up, back), end taking wt on R & kapa R.	Arms, slightly bent at elbows, stay out on each side, palms face up. Shoulders are rolled back.
4	Reverse meas 3 At the end take wt on both ft.	Arms remain as in meas 3.
5	2 backwards figure 8's starting on R hip.	Arms, shoulder level and shoulder width apart, straight out in front, hands with palms up.
6	Rock pelvis forward, kapa R, rock pelvis back, kapa L.	Arms, bent at elbows, across body, chest high, hands with palms down.
7	Repeat meas 5.	Repeat meas 5.
8	Repeat meas 6.	Repeat meas 6.
9	Small step fwd on L while making 2 ohuris, small step fwd on R while making 2 ohuris.	L arm, hand with palm in, out straight to about 45 degrees and up above head, R arm out to 45 degrees back , palm down.
10	Repeat meas 9.	Repeat meas 9.
	Part 2	
11	Walk fwd 4 steps with kapa on each step, R, L, R, L.	Repeat meas 9.
12	Walk bkwd 4 steps with kapa on each step, R, L, R, L.	Repeat meas 9.
13-14	Walk fwd 4 steps with kapa on each step, R, L, R, L. Then move bkwd slightly to R using 4 more steps with kapa on each, R, L, R, L.	Repeat meas 9.
15	Circle CW on the spot with 4 steps with a kapa on each step, R, L, R, L.	Arms up in front, palms crossing and facing out, to make a frame for the head.

Otuu (Women's)—continued

Meas	Steps	Arm movements
16	Circle CCW on the spot with same ftwk & kapas as in meas 15.	Repeat meas 15.
17-18	Repeat meas 13-14 but move forward and back to L side. Ft remain as in meas 13-14.	Repeat meas 13-14.
19-20	Repeat meas 15-16.	Repeat meas 15-16.
	Part 3	
21	In place, 2 ohuris, then step R ft, L ft to turn ¼ R (CW) with kapa on each step.	Arms in front at chest level, roll forearms 2X away from body. Swish arms L, R, L.
22-24	Repeat meas 21 three more times.	Repeat meas 21 three more times.
25	Step on R, L, R, L in place with a kapa on each step	Arms open to sides and continue up to end with fingers touching shoulders (cts 1-2) (bird wings). Both arms open. R arm, hand with palm down, 45 degrees to front & slightly higher than the head. L arm, hand with palm down, to 45 degrees back (cts 3-4) (wings open).
26	Repeat meas 25.	Reverse arms of meas 25.
27	4 ohuris in place.	Arms as in meas 15, but further out to front (making a frame).
28	In place 4 kapas, R, R, R, L (otui). Feet do not move.	Arms open slowly to sides, hands with palms either up or down.
29-30	Repeat meas 25-26.	Repeat meas 25-26.
	Part 4	
31	(Pushing) move to R, stepping R, L, R, L, R, L, R, L pushing L hip to side on each R step.	L arm up, hand with palm out. R arm down, hand with palm down (airplane arm).
32	Step on R to turn ¼ R (CW) with 2 R kapas, step on L continuing another ¼ turn (CW) with 2 L kapas to end facing 180 degrees or ½ around.	Arms swish R, R, L, L.
33-34	Repeat meas 31-32 to end facing front.	Repeat 31-32.
35-38	Repeat meas 31-34.	Repeat meas 31-34.
39	4 ohuris in place.	L hand by ear, hand with palm out, R arm straight out, hand with palm up, moves from side to front.
	Dance Repeats	
40-117	Repeat meas 1-39 two more times .	Repeat meas 1-39 two more times .
END on 117	Only 3 ohuris in place.	R arm up straight nearly overhead, hand with palm in. L arm down to L side, hand with palm in (last note).

Presented by Merilyn Gentry and Nora Nuckles