

The HAKA

Visual: NZ warriors, war dance, scary faces

ARMS cross, cross, together LFH (look to the side)

BATTLE 1 double squat, hands on hips, double lunge behind to the side, bicep pump x 3

BATTLE 2 one squat, hands on hips, single lunge forward and back (arms crossing), back to squat (hold it!) repeat. X 4

WAR CRY double squat, hands on hips. move one foot, hit upper chest, move foot, throw up hands x 4

SCOOP squat, hands on hips, scoop lunge to the side / squat, small jump, arms with LFH x 4

* **Lizard frill hands (LFH)**, our reference to the vibrating hands

Warm up arms: start with crossed arms in front (one count, count 2...LFH...change x 4 sets)

Arms (music: until the end of the voices)

Drums...leave 4 counts (LFH on chest for 4 counts)

Battle 1 x 3 with a scoop lunge, LFH, look to the side x 4

War cry

War cry repeat double time (squat only once) x 8

Scoop

Battle 2 x 4

War cry

War cry double time

Finish with arms (the voice music)

Tips

Arms : have tension throughout the arms and try and hold each move, with an accent.

Squat : stay deep, use hands to push on hips (have a nice soft bounce for each squat)

In both Battles: in lunges really transfer the weight.

In the scoop, try and get as low as you can on the lunge to the side, and have the back leg straight. A jump is not needed, unless you want to make it harder.