

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, L ft) (Double the action of meas 3.)
16	1 slow ohuri.
17-18	Repeat meas 11-12.

Otutu (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