

## Matavai Pacific Cultural Arts Course: Oceanic Dances

Oceanic Dances Tutor	Email	Phone	Course Delivery
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### On successful completion of the Oceanic Dances Course, students will be able to:

- Demonstrate and execute the basic movements, technique and choreography of one dance from **Tahiti**
  - *confidently perform warm up drills and the learnt dance*
- Demonstrate and execute the basic movements, technique and choreography of one dance from **Samoa**
  - *confidently perform warm up drills and the learnt dance*
- Demonstrate and execute the basic movements, technique and choreography of one dance from **Tonga**
  - *confidently perform warm up drills and the learnt dance*
- Demonstrate and execute the basic movements, technique and choreography of one dance from **Cook Islands**
  - *confidently perform warm up drills and the learnt dance*
- Identify the differences and similarities between the cultural dances learnt
- Demonstrate basic understanding of Cook Islands, Tahitian, Samoan and Tongan dance
- Videos of students practising to be sent via email for feedback (this is optional, however if you would like to receive full benefits of learning we do recommend sending in videos)
- There will be assessment of dance in week 9, whereby students will be required to send in the choreography learnt via video for assessment

## **Tutorial 1 (Week 1)**

### **COOK ISLANDS URA**

- Introduction to the outcomes of the course
- Information about the Cook Islands, and its culture and dance. Information about the different types of Cook Islands styles of dance
- Begin teaching the basic movements including: **Sorro, Ura Marie, Patu, Varu, Kupiti, Ura Viviki**
- Executing the learnt movements with confidence and the importance of bringing your energy into your dance - “more than just a dance”
- Begin teaching Kaparima choreography - the song is titled “PUROTU TO MANEA”

**Students should be encouraged to send videos of progress to me, Moemoana, via Email, Google Drive or Facebook. I will provide feedback before Week 2.**

## **Tutorial 2 (Week 2)**

### **COOK ISLANDS URA**

- Moemoana will share her experiences at the Te Maeva Nui 2017, also share with you Cook Islands dancers that inspire her (you will be provided with optional video links to watch)
- Revising the correct techniques for the basic movements learnt in Week 1 including: **Sorro, Ura Marie, Patu, Varu, Kupiti, Ura Viviki**
- Finish off the Kaparima choreography begun in Week 1 - the song is titled “PUROTU TO MANEA”

**Students should be encouraged to send videos of progress to me, Moemoana, via Email, Google Drive or Facebook. I will provide feedback before Week 3.**

### Tutorial 3 (Week 3)

#### SIVA SAMOA

- Importance of knowing your culture in the strengthening of your identity - dance as a language - knowledge and practises our ancestors have transferred to us
- Information about Samoa, and it's culture and dance. Information about the different types of Samoan styles of dance
- Begin teaching the basic movements including: **Se'e, Mo'emo'e, Ifo, Savali, Fa'ataupati, Ma'ata'ata, Graceful hands**
- Practise the movements with a short routine
- Begin teaching Siva Samoa choreography - the song is titled "Samoa e, Maopoopo mai" by Vaniah ft Jewel. Translation and lyrics will be sent out.

Song link is <https://www.youtube.com/watch?v=4naEit5ZvDA>

**Students should be encouraged to send videos of progress to me, Moemoana, via Email, Google Drive or Facebook. I will provide feedback before Week 4.**

### Tutorial 4 (Week 4)

#### SIVA SAMOA

- Moemoana will share her experiences with Samoan Siva, as well as Siva Afi. Also, Samoan dancers that inspire her (you will be provided with optional video links to watch)
- The role and duties of the Taupou and the basic fundamentals of a Tauluga
- Warm up routine using the basic movements learnt in Week 3 including: **Se'e, Mo'emo'e, Ifo, Savali, Fa'ataupati, Ma'ata'ata, Graceful hands**
- Finish off the Siva Samoa choreography begun in Week 3 - the song is titled "Samoa e, Maopoopo mai" by Vaniah ft Jewel.

Song link is <https://www.youtube.com/watch?v=4naEit5ZvDA>

**Students should be encouraged to send videos of progress to me, Moemoana, via Email, Google Drive or Facebook. I will provide feedback before Week 5.**

## Tutorial 5 (Week 5)

### ORI TAHITI

- Information about Tahiti, and it's culture and dance. Information about the different types of Tahitian styles of dance
- The evolution of Tahitian culture post colonisation
- Begin teaching the basic movements including: **Tā'iri Tāmau, Fa'arapu, 'Āfata, 'Ami, Varu, Ruru, 'Ōtamu**
- Warm up drills with a combination of the basic movements
- Begin teaching the Ute/Aparima choreography - the dance is choreographed by O Tahiti E for the Heiva I Tahiti 2019.

**Students should be encouraged to send videos of progress to me, Moemoana, via Email, Google Drive or Facebook. I will provide feedback before Week 6.**

## Tutorial 6 (Week 6)

### ORI TAHITI

- Moemoana will share her experiences with Ori Tahiti at the Heiva I Tahiti 2019, as well as Tahitian dancers that inspire her (you will be provided with optional video links to watch)
- Revise basic movements learnt in Week 5: **Tā'iri Tāmau, Fa'arapu, 'Āfata, 'Ami, Varu, Ruru, 'Ōtamu**
- Finish off the Ute/Aparima choreography begun in Week 5 - the dance is choreographed by O Tahiti E for the Heiva I Tahiti 2019.
- Information about connecting to your surroundings (self, land, culture etc)
- Introduce students video exam that should be sent in by the 3rd of July 2020. Students are to send a video in Week 9 completing the 4 choreographed dances learnt throughout the course. Students will be marked on their execution of the dance, correct technique and expression.

**Students should be encouraged to send videos of progress to me, Moemoana, via Email, Google Drive or Facebook. I will provide feedback before Week 7.**

## **Tutorial 7 (Week 7)**

### **TONGAN TAU'OLUNGA**

- Information about Tonga, and its culture and dance. Information about the different types of Tongan styles of dance
- Begin teaching the basic movements and expressions including: **Taulalo, Fu, Nima and Haka, Lai Vai, Fakataupasi, Mata Faiva**
- Warm up drills with a combination of the basic movements
- Begin teaching the Tau'olunga choreography - the dance is choreographed by Lesieli Emelio and titled "Angi E Matangi"

**Students should be encouraged to send videos of progress to me, Moemoana, via Email, Google Drive or Facebook. I will provide feedback before Week 8.**

## **Tutorial 8 (Week 8)**

### **TONGAN TAU'OLUNGA**

- Run through drills with the basic movements, techniques and expressions learnt in Week 7 including: **Taulalo, Fu, Nima and Haka, Lai Vai, Fakataupasi, Mata Faiva**
- Finish teaching the Tau'olunga choreography begun in Week 7 - the dance is choreographed by Lesieli Emelio and titled "Angi E Matangi"
- Discuss video exam that should be sent in by the 3rd of July 2020. Students will be marked on their execution of the dance, correct technique and expression. Moemoana can set a Zoom meeting to run through dances before the exam

## **Tutorial 9 (Week 9)**

- Feedback on the videos received, overall performance of students during the course
- Revising all movements learnt throughout the course
- Short mixed Pacific routine