(F.B.)

ricochet bellow shake

simile

Esultante ed energico

(P.B.)
Ka Mate

Keep off your accordion
and put it on the floor
Hit your thighs with the palms of your hands
Hit your chest with your palms
Raise your hands to the sky

Hit your thighs with the palms of your hands
Hit your chest with your palms
Raise your hands to the sky

Hit your right elbow with your left palm
Hit your left elbow with your right palm
Hit your left elbow with your left palm
Cross your arms
Raise your right fist on your right side 90°

Strip your right arm forward and put your left palm on the right elbow
Raise your right fist on your right side 90°

* Ka Mate was composed by the maori Te Rauparaha circa 1820 in New Zealand as a celebration of life over death after his lucky escape from Ngati Maniapoto and Waikato enemies. He had hidden from them in a food-storage pit, and climbed back into the light to be met by a chief friendly to him Te Whareangi. There are a lot of different lyrics for the introduction but after the words "Ka mate, ka Ora" the lyrics are used to be always the same. There are also a lot of different dances for the Ka Mate, you can see some of them on youtube in New Zealander rugby team matches.