

Nau mai, haere mai

Kaea: Waewae takahia!

Ngā manuhiri tūārangi e Haere, haere mai.

Nau mai, haere mai ra
Ki tēnei marae
Haere mai.

Piki mai, aue kake mai ra Ngā
manuhiri
Tūārangi e
Haere, haere mai.

Tēnei te reo pōwhiri Waiatatia mai
Nekeneke, nukunuku Waewae takahia
Ko te haka, hi!
Kia rite e.

Ringa pākia
Turi whatia
Te mahi kapa haka e.

Piki mai, aue kake mai ra
Ngā manuhiri
Tūārangi e
Haere, haere mai .

Ngā manuhiri tūārangi e
Haere, haere mai.

Kaea: Ka tahi, ka rua Kia Mau! Hi!

Stamp you foot
Visitors from afar
Welcome, welcome.

Welcome, welcome
To our marae
Welcome.

Come upon our call
Visitors from afar
Welcome.

This is our invitation to you
Sing along
Move along, come closer
Stamp your foot
Do the haka
Get ready!

Slap your hands
Bend your knees
Let's do kapa haka

Come upon our call
Visitors from afar
Welcome!

Visitors from afar
Welcome, welcome.

One, two...

kia mau!