

Nau mai, haere mai

Kaea: Waewae takahia
Ngā manuhiri tūāurangi e
Haere, haere mai

Stamp you foot
Visitors from afar
Welcome, welcome.

Nau mai, haere mai ra
Ki tēnei marae
Haere mai

Welcome, welcome
To our marae
Welcome

Piki mai, aue kake mai ra
Ngā manuhiri
Tūāurangi e
Haere, haere mai

Come upon our call
Visitors from afar
Welcome

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

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

Ringa pākia
Turi whatia
Te mahi kapa haka e

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

Piki mai, aue kake mai ra
Ngā manuhiri
Tūāurangi e
Haere, haere mai

Come upon our call
Visitors from afar
Welcome!

Ngā manuhiri tūāurangi e
Haere, haere mai

Visitors from afar
Welcome, welcome.

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

One, two...

kia mau!

kia mau!