

To ringa ki roto
To ringa ki waho
To ringa ki roto
Kia huri hurihia
Kei te hope hope au
Kei te hurihuri au
Kei te pakipaki aue

To waewae ki roto
To waewae ki waho
To waewae ki roto
Kia huri hurihia
Kei te hope hope au
Kei te hurihuri au
Kei te pakipaki aue

To ūpoko ki roto
To ūpoko ki waho
To ūpoko ki roto
Kia huri hurihia
Kei te hope hope au
Kei te hurihuri au
Kei te pakipaki aue.

To ārero ki roto

To ārero ki waho

To ārero ki roto

Kia huri hurihia

Kei te hope hope au

Kei te hurihuri au

Kei te pakipaki aue