

GINEN AS FU'UNA YAN PUNTAN

Tinige' as Siñot Patrick "Somnak" Camacho

I Saina-ta as Puntan yan Fu'una	Our ancestor Puntan and Fu'una
Fuma'tinas i tano'-ta yan i lina'lâ'-ta	Created our land and our lives
I atdao yan i pilan i attadok-ña	The sun, the moon, their eyes
An pumodong i ichan, nina'i-mu	When the rain falls, your blessings
I sehâs-mu pumenta i isa	Your eyebrows painted the rainbows
I kannai-mu, trongkon lina'lâ'-ta	Your hands, our tree of life
Tiyân-mu, tatalo'-mu, sabâna yan tano'-ta	Your stomach, your back, the mountains and our land
I kurason-mu, i acho' latte	Your heart, the latte stone
Chaife', Chaife' Sainan i tasi	Chaife', Chaife' the god of the ocean
Giha i taotao-ta, tulos i galaide'	Guide our people, row the canoe
An bula pat matte kao siña hao un kâtma	High tide or low tide, can you calm the seas
Guini gi i tasen Pasifiku	Here in the Pacific ocean
O 'Asaina Puntan yan Fu'una	Oh Elders Puntan and Fu'una
Hamyô Sainan-mâmi i guello-ta	You are our ancestors
Nâ'i ham animu para u tutuhon lina'lâ'-ta	Give us strength to begin life
Hami taotao tâno', Hami Matua	We are the people of the land, We are the High people

TULETI

Tinige' as Siñot Saina David Gofigan

Verse #1

Kulan i paluma yan gumupu hulo' gi langet	Like a bird that flies up to the heavens
I tasi yan i tano', i hatdin giya para'isu	The sea and the land, the garden of paradise
Puntan yan Fu'una esgaihon ham mo'na	Puntan and Fu'una guide us forward
In enra i na'ân-mu, nâ'i ham ni' ânimu	We honor your name, give us strength

Chorus

Para ta tulos, para ta tulos mo'na i galaide'	To row, to row forward our canoe
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Verse #2

Kulan i paluma yan gumupu hulo' gi langet	Like a bird that flies up to the heavens
I tasi yan i tano', i hatdin giya para'isu	The sea and the land, the garden of paradise
Maila' mañe'lu-ta ya ta onra i anti-ta,	Come brothers and sisters and honor our ancestors
Sa' siha fuma'tinas este i guinahâ-ta	Because the created our resources of life

BASIC CHAMORU DANCE STEPS

1. Hinanao: To travel from side to side (4 beat count)
2. Apunta: To point with foot (alternating feet)
3. Pokkat: To step as if marching (knees to chest)
4. Sitkulo: Make a circle using hips (back forward movement)
5. Lina'la': Means Life (For Ladies: refers to the circle of life,[always follow the palm of your hand] beginning on the right side, arms should be placed in the letter 'L' position, left arm in the air, right arm out to your right side, 4 counts following your palm, last four counts switching your arms(right arm in the air, left arm out to your left side)and follow your palm). Men will follow the same pattern alternating with the tunas or men's staff.

BASIC CHAMORU DANCE LEVELS AND COUNTING

Ingles	Ånsiånu	Españot
1. Level 1	Håcha	Unu
2. Level 2	Hugua	Dos
3. Level 3	Tulu	Tres
4. Level 4	Fåtfat	Kuattro
5. Level 5	Lima	Singko
6. Level 6	Gunom	Sais
7. Level 7	Fiti	Siette
8. Level 8	Gualo'	Ocho
9. Nine	Sigua	Nuebi
10. Ten	Månot	Dies