

FISH AND POI by Sean Na`auao

Intro vamp: A E (4x)

Verse 1:

A F#m D E7
I've been many places, tasted all the flavors
A F#m D E7
If there's one thing I can't understand is why I'm never satisfied
A F#m D E7
There's nothing like the feeling, when you start craving
A F#m D E7
Flashbacks, reminiscing about that one very first luau

Bridge 1:

D E7 D E7
Soon as I start to head back home, I call the braddahs up on the phone
D E7 A/ E7/ D/ E7
We're heading down to that special place, where you can bulk up for days

Chorus:

A F#m
I like my fish and poi, I'm a big boy
D E7
Lomi salmon, pipikaula, extra large lilikoi
A F#m
Squid or chicken lu'au, don't forget the laulau
D E7 A
Beef or tripe stew just to name a few, oh yeah [End: Oh yeah (x2) then fade out]

Vamp: A E (4x)

Verse 2:

A F#m D E7
Can't forget Papa's specialty and Mama's poi mochi
A F#m D E7
Smoke meat, shoyu poke wit da rice can make a bad day feel real nice

Bridge 2:

D E7 D E7
I'm flashing back all over again, I know you feel what I'm feeling within
D E7 A/ E7/ D/ E7
And every local boy would agree, that it's just the Hawaiian in me

<Chorus then repeat again for instrumental>

Reggae/rap: (percussion only or just strumming A)

Me say

Me come from Hawaii me love de fish and de poi

Me eat da food 'cause me real big boy

Here da local girls yeah dey know what we need

They serve the food extra scoop of everything 'cause

I love de fishes baby I love de poi

Wit pipikaula extra rice on de side

Hawaiian food is like a rollercoaster ride

And me not goin stop until dis Hawaiian's fine

<Chorus and end>