

Green Rose Hula

(Hawaii)

‘Auana – modern hula.

CD: *Aloha, Marilyn Gentry & Nora Nuckles, Stockton Folk Dance Camp 2008, Band 3.*

4/4 meter

Measure	Footwork	Arms
	Introduction	
1	Standing.	Hold ipu in L hand, both hands on hips (ct 1-4), top fwd.
2	Bend knees slightly.	Same as meas 1
3 (only half measure)	Same as meas 2	Move hands in front of body, with R hand (palm up) under the ipu. L hand hold ipu with bottom parallel to floor.
	Pattern 1	
1	R hela (touch R ft in front, bring R ft back by L ft, ct 1-2) L hela (reverse above ftwk for ct 3-4)	L arm across body near R hip, R hand hits bottom of ipu (ct 1-2). Hit with heel of hand, then twice with fingers (heel, tap, tap). (cts 3-4) L arm back to own side near L shoulder, R arm across body to hit ipu-(heel, tap, tap). Bottom of ipu parallel to face
2	2 CCW ami’s in place. First ami on ct 1 & 2. Second ami on ct 3 & 4.	Arms move down in front, open to sides, move in front (make a circular motion parallel to floor). Tap the bottom of ipu (ct 3), hold (ct 4)
3	R kaholo (side R, (ct 1), side L, (ct 2), side R (ct 3), touch L (ct4)	Hit bottom of ipu, heel (ct 1), tap(ct 2) Heel (ct 3), tap, tap (ct 4)
4	L kaholo (reverse R kaholo)	Touch ipu to L shoulder (ct 1), L hip, (ct 2), hit heel,(ct 3), tap, tap (ct 4). On cts 3&4 the ipu is held in front of body
	5-6 Ki’ipa Chorus	
5	R kaholo	Hit ipu heel (ct 1); heel (ct 2); heel (ct 3) (pushing up and fwd on each “heel”); tap, tap (ct 4)(ipu in front of body)

6	L kaholo	Same as measure 5
7-10	Repeat Pattern 1	
7-10	Repeat meas 1-4	Repeat meas 1-4
11-12	Ki'ipa Chorus	
11-12	Repeat meas 5-6	Repeat meas 5-6
Pattern 2		
13	Turning ¼ L (CCW) with R in front (ct 1), back on L, (ct 2) step R to front (1/4 turn CW) (ct 3), step L in place (ct 4)	Hold ipu in front of body about chest level, belly button of ipu to R side. Hit heel(ct 1), tap(ct 2), heel(ct 3), tap, tap (ct 4).
14	Walk R,L,R,L diagonally fwd	Hit ipu heel(ct 1), heel (ct 2),heel (ct 3),tap,tap (ct 4)
15	2 CCW ami's (repeat meas 2 of pattern 1)	Push arms out to front & around to end holding ipu in start position. Hit tap (ct 1), tap (ct 3)
16	Move back to face front with a L kaholo (L,R,L, touch R in place)	Hit ipu heel (ct 1), tap (ct 2), heel (ct 3), tap, tap (ct 4)
17-18	Ki'ipa Chorus	
17-18	Repeat meas 5-6	Repeat meas 5-6
19-22	Repeat Pattern 2-	
19-22	Repeat meas 13-16	Repeat meas 13-16
23-24	Ki'ipa-Chorus	
23-24	Repeat meas 5-6	Repeat meas 5-6
Pattern 3		
25	Lift R ft up (ct &), step on R (ct 1), lift both heels up (&)(heels down (ct 2). Repeat starting with L ft (cts &,3,&,4)	With ipu held at waist level, hit heel (ct 1), tap (ct 2). Raise ipu to ready position (about chest level), hit heel (ct 3), heel (ct 4)
26	Repeat meas 25	Repeat meas 25
27	R kaholo	Hit heel (ct 1), tap (ct 2), heel (ct 3), tap, tap, (ct 4)
28	L kaholo	Hit heel (ct 1), heel (ct 2), heel(ct 3), tap, tap (ct 4)
29-30	Ki'ipa-Chorus	
29-30	Repeat meas 5-6	Repeat meas 5-6
31-34	Repeat Pattern 3	
31-34	Repeat meas 25-28	Repeat meas25-28
35-36	Ki'ipa-Chorus	
35-36	Repeat meas 5-6	Repeat meas 5-6
Pattern 4		
37	Turn ¼ L (CCW) with R ft crossing over in front(ct 1), step back on L (ct 2), turn1/4 R (CW) stepping on R ft (ct 3), touch L by R (ct 4)	Raise L arm up , bring R across to L, move both arms down to waist level in front of body. Hit ipu heel (ct 1), tap (ct 2), heel (ct 3), tap (&), tap (ct 4).

38	Turn ¼ R with L ft crossing over in front (ct 1), step back on R ft (ct 2), turn ¼ L (CCW) stepping on L ft (ct 3), touch R ft by L ft (ct 4)	Opposite meas 37
39	R kaholo	Hit heel(ct 1), tap(&), heel (ct 2), tap (&), heel (ct 3), tap (&), tap (ct 4)
40	L kaholo	Repeat meas 39
41-42	Ki'ipa Chorus	
41-42	Repeat meas 5-6	Repeat meas 5-6
43-46	Repeat Pattern 4	
43-46	Repeat meas 37-40	Repeat meas 37-40
47-48	Ki'ipa Chorus	
47-48	Repeat meas 5-6	Repeat meas 5-6
Pattern 5		
49-50	Repeat meas 37-38	Move arms out to front about chin level, push out and in. Hit ipu heel (ct 1), tap (ct 2), heel (ct 3), tap (&) tap (ct 4). Repeat.
51-52	Repeat meas 1-2 of Pattern 1	Repeat meas 1-2 of Pattern 1
53-54	Ki'ipa Chorus	
53-54	Repeat meas 5-6	Repeat meas5-6
55-58	Repeat Pattern 5	
55-58	Repeat meas 49-52	Repeat meas 49-52
59-60	Ki'ipa-Chorus	
59-60	Repeat meas 5-6	Repeat meas 5-6
Ending	Extend R leg out, touch R ft	Hold ipu as in meas 3, tap ipu twice—hold last tap position.

Presented by Marilyn Gentry & Nora Nuckles