

# He Oli no Kailua

(Hawaii)

Khiko (Ancient chant).

Starting Position: Ft together, knees slightly bent, hands on hips.

Introduction: Third drum beat: R leg comes to hela pos and remains. Arms up overhead slightly in front of face, arms are straight, palms face out with R fingers on top of L fingers.

Kahea: 'Ae. aloha wale 'oe, e Kailua

With Kahea: R ft returns by L ft; R arm straight out to 45-degrees, palm down while L arm moves with bent elbow diag in front of body, not crossing the ctr line, palm down.

Music:

4/4 meter

1	BREAK RK, LK	R arm bent diag in front of body, not crossing ctr line, palm down and circles CW 360 degrees. Reverse arms.
<b>Pattern A</b>		
2	RK LK	Palms turn to face chest, Both palms turn to face down, R arm makes the same circle as in break.
3	2 uwehes (R,L - go low) 2 uwehes	Both arms move to R side, slightly below waist and out a little, palms are down. R arm bends at elbow to vertical pos, palm twd L side while L arm moves under R elbow with palm down to form an L. Back of L hand touches R elbow.
4	RK Repeat meas 2 LK Repeat meas 2	Same arms as meas 2. Reverse arms.
5	Repeat meas 3	Reverse arms.
6	BREAK	
<b>Pattern B</b>		
7	RK, LK	Arms to L side of body by hip, hands form a sun and move up L side to make an arc overhead to end 45 degrees to the R side overhead.
8	R uwehe L uwehe R uwehe L uwehe	Arms move directly overhead, palms facing each other about a foot apart. Arms move in same pos to about a shldr distance apart. Arms move to chest level, turning palms to touch chest. Arms stretch in front of body, palms up, elbows slightly bent about shldr level (as an offering).
9	Repeat meas 7	Reverse arms
10	Repeat meas 8	Same arms as meas 8.
11	BREAK	
<b>Pattern C</b>		
12	RK LK	Arms move to sides of body (in a soaring pos). R arm circles 360 CW over head. L arm 360 CW over head, reverse arms.
13	R uwehe L uwehe R uwehe L uwehe	Arms lowered in front of and out from hips, palms twd body. Arms draw up body to over head, in front of body, palms twd body. Palms turn to face out and begin to rain down (fingers wiggling gently). Continue rain, stop at waist.

## He Oli no Kailua—continued

14	Repeat meas 12 ftwk	Reverse arms.
15	Repeat meas 13	Arms same as meas 13.
16	BREAK	
<b>Pattern D</b>		
17	RK LK	Arms move to L hip out from body, palms down and move R diag to about shldr level. Arms continue to move in same plane to R ending with R arm nearly straight to 45 degrees over head, L arm ends in same plane about shldr level, L elbow bent.
18	R uwehe L uwehe R uwehe L uwehe	R arm and hand move to salute pos by R eye, L arm pulls back to chest level, slightly L of ctr line. R arm moves in a slight arc down to chest level while L arm stays the same. L arm and hand move to salute pos by L eye, R arm pulls back to chest level slightly R of ctr line. L arm moves in a slight arc down to chest level while R arm stays the same.
19	Repeat meas 17 ftwk	Reverse arms.
20	Repeat meas 18.	Reverse arms.
21	BREAK	
<b>Pattern E</b>		
22	RK LK	R arm straight from body at 45 degrees shldr level, palm down, L arm to mouth, palm down (calling). R arm bent diag in front of body, not crossing ctr line, palm down and circles CW 360 degrees. L arm diag in front of body, elbows bent not crossing ctr line, palms down.
23	R uwehe L uwehe R uwehe L uwehe	Both arms circle from front to back, waist level, end palms facing out. Both arms arc out to front forming a circle away from body about chest level, palms facing out. Arms up over head about 1 foot apart slightly fwd of body, palms facing. Arms move shldr width apart, palms facing.
24	Repeat meas 22	Reverse arms.
25	Repeat meas 23	Repeat meas 23 arms.
26	BREAK	
<b>ENDING</b>		
	Step back on L, wt on both ft	Arms straight out in front, shldr level, palms down, hands touching.
	Kahea: HE oli aloha no Kailua	Hold pos for 2 drum beats.
	Third drum beat step out with L, taking wt so ft are shldr-width apart	R and L arms bent diag across body, chest level, not crossing ctr line, palms down.
	Step R ft beside L ft	Arms down to sides.

Presented by Marilyn Gentry and Nora Nuckles