

Kalana Kauai

(Hawaii)

Hula

CD: *Aloha, Marilyn Gentry & Nora Nuckles, Stockton Folk Dance Camp 2008, Band 1, 2.* 4/4 meter

Starting Position: Ready hand position (arms with elbows bent, hands at waist with uli uli tops toward audience. **Note:** Every time the uli ulis hit the body, the position is parallel to the floor, tops twd sides.

Introduction: 15 counts

Meas	Footwork	Arms
1-2	Ki'ipa-Chorus	
1	R kaholo	Tap side of uli ulis on hips(ct 1), tap side of uli ulis on shoulders (ct 2), arms extended in front of body at shoulder level with tops twd audience (ct 3), shake, shake, shake (ct 4)
2	<i>Opposite direction and ftwk of meas 1</i>	Repeat meas 1
	Pattern 1	
3-4	4 lele to walk fwd . Meas 3-Step R (ct 1-2), step L (ct 3-4). Meas 4-step R (ct 1-2), step L (ct 3-4)	Meas 3-Move R arm to L side of body about thigh height. Move L arm by right, (R lele (ct 1-2)), move both arms up and overhead to side (L lele (ct 3-4)) Meas 4-use opposite arms of meas 3.
5-6	Meas 5-R hela step R in front (ct 1,&2) bring R back by L (ct 3-4). Meas 6- L hela step L in front (ct 1,&2), bring L by R (ct 3-4).	Meas 5-Move R arm down and back at diagonal, move L arm up, straight from shoulder on diagonal (ct 1-2). Move both arms out straight in front of body about chest level (ct 3-4.). Meas 6-Reverse arms of meas 5.
7	R kaholo	R straight arm up 45 degrees, L arm down and out from waist (make a diagonal- ct 1). Reverse arms (ct 2). Reverse arms (ct 3). Bring arms straight out to own sides (ct 4).
8	L kaholo	Reverse meas 7
9	<i>R kawelu</i>	Bring arms out straight in front and together (ct 1,&2) Open arms (ct 3,&4)
10	L kawelu	Reverse meas 9.
	Ki'ipa Chorus	
11-12	Repeat meas 1-2	Repeat meas 1-2.
13-20	Repeat Pattern 1	
13-20	Repeat meas 3-10	Repeat meas 3-10.
	Ki'ipa	
21-22	Repeat meas 1-2	Repeat meas 1-2.

	Pattern 2	
23-24	Double R kaholo to R side (R (ct 1), L (ct 2), R (ct 3), L (ct 4), R (ct 1) L (ct 2), R (ct 3), touch L (ct 4)	Arms out to side (shake ct 1,&,2). Move arms out straight in front and cross R over L . (ct 3,&,4). Repeat cts 1-4 for meas 23
25-26	Double L kaholo . Reverse meas 23-24	Reverse meas 23-24
27-28	Double R kaholo to turn R (CW). Use same ftwk as meas 23-24	Move R arm across to meet L. L arm straight out to side. Move R arm in an arc overhead (rainbow) and out (180 DEGREES AS TURN IS MADE). Move arms continuously through the arc; don't stop on each ct of 4.
29-30	Double L kaholo to turn L. Use same ftwk as in 25-26	Reverse meas 23-24
	Ki'ipa	
31-32	Repeat meas 1-2	Repeat meas 1-2
33-40	Repeat Pattern 2	
33-40	Repeat meas 23-30	Repeat meas 23-30
	Ki'ipa	
41-42	Repeat meas 1-2	Repeat meas 1-2
	Pattern 3	
43-44	Make 4 CCW amis with hips while turning CCW 1 full turn	Shake (&). Hit R shoulder and L hip simultaneously (ct 1). Shake (ct &), hit L shoulder and R hip simultaneously (ct 2). Reverse for 3 rd ami. Reverse again for 4 th ami.
45	R kaholo to R side	Move R arm up diagonally, L down (1-2), move straight out in front (3-4)
46	L kaholo to L side	Reverse meas 45
47	R kaholo. Step R , L fwd about 45 degrees (1-2). Step on R to turn facing 45 degrees to L (3), step on L(4)	Cross R arm over L arm in front of body. Make a circular movement parallel to body. Bring arms to sides.
48	R uehe (raise R ft (ct 1), step on R by L (ct 2), lift both heels (ct 3), place both heels down (ct 4)	Shake (1), hit on hips (2), shake (3), hit on hips (4)
49	Reverse meas 47	Reverse meas 47
50	Reverse meas 48	Reverse meas 48
	Ki'ipa	
51-52	Repeat meas 1-2	Repeat meas 1-2
53-60	Repeat Pattern 3	
53-60	Repeat meas 43-50	Repeat meas 43-50

	Ki'ipa	
61-62	Repeat meas 1-2	Repeat meas 1-2
	Pattern 4	
63	R kaholo	Do not shake uli uli on this measure. R arm up straight in line with shoulder. L arm out straight to side, about chest level
64	L kaholo	Reverse meas 63
65	Facing front, step fwd on R(ct 1), step back on L (ct 2), step R beside L (ct 3), step L (ct 4)	Shaking uli ulis, bring arms to front straight fwd with tops twd audience(1), leave arms in front (2). Hit shoulders. (3-4)
66	Touch R in front (ct 1-2), step R by L (ct 3), raise L heel (ct 4)	Shaking uli ulis, left arm up straight in line with shoulder, R arm straight out in front at chest level (1-2). R arm opens out to R side at chest level (3-4)
67-70	Reverse meas 63-66	Reverse meas 63-66
	Ki'ipa	
71-72	Repeat meas 1-2	Repeat meas 1-2
73-80	Repeat Pattern 4	Repeat meas 63-70
73-80	Repeat meas 63-70	Repeat meas 63-70
	Ending	
81	R kaholo, moving fwd	Repeat meas 1
82	Moving fwd, step L (ct 1), R (ct 2, touch L in front(ct 3), hold (ct 4)	Hit hips, shoulders, move both arms out straight in front at chest level with R hand over L hand, tops twd audience.

Presented by Marilyn Gentry & Nora Nuckles