

# Hula

## 202



HAPA HAOLE: A style of hula and Hawaiian music in which the tune and styling are definitely Hawaiian, but the lyrics are all in English, or mostly in English.

### *ADVANCED HULA STEPS*

- AMI KUKU: Rotation of the hips, but in smaller and faster groups of three.
- ‘O: Half turn to the left, rock forward and back on R foot. Repeat to right, rock forward and back on L foot.
- KAWELU: Double ‘O. Rock forward and back twice rather than once.
- LELE UWEHE: The uwehe and lele steps are combined. Step with right foot, bringing the left foot back, bring feet back together, then ‘uwehe. Repeat on other side
- SPIN: A three-point turn, three hundred sixty degrees.
- HULI: Turn one quarter turn.
- PA: Begin
- PAU: End