

A Southern Girl's Guide to Hula



HULA KAHIKO: Hula composed prior to the 1900s which does not include modern instrumentation. Usually the music contains only voices and drums.

HULA 'AUANA: Hula composed after the 1900s which includes a western influence. The music contains modern instruments such as ukulele, guitar, steel guitar, and bass.

BASIC HULA STEPS

- KAHOLO: Take two steps to the right, bring your feet together; Take two steps to the left, bring your feet together; Repeat the process.
- HELA: While keeping your stance straight, extend your foot forward as you sway; Extend your right foot as you sway to the left and extend your left foot as you sway to the right.
- AMI: Rotate hips in a counter-clockwise motion without moving shoulders. Reverse, move hips in a clockwise motion.
- KA' O: Swing hips right to left.
- LELE: Step forward on the right foot, back on the left foot, then one side step to the right and bring your feet together. Repeat the process to the left.
- UWEHE: Step and lift your heels; You should not lift your entire body. Stay level as you uwehe so that only your legs are moving.
- SPIN: A three-point turn, three hundred sixty degrees.
- HULI: Turn one quarter turn.
- PA: Begin