

A Southern Girl's Guide to Hula



HULAKAHIKO: 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.

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. This style is usually very fun and tongue-in-cheek.

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.
- **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.
- **HULI**: Turn one quarter turn.
- **PA**: Begin
- **PAU**: Finish



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THE PLAYLIST

~ E Ala E

Keali'i Reichel

~ Ke Aloha I Ka Pu'uwai

Mark Keali'i Ho'omalulu

~ He Inoa No Lili'uokalani

Mark Keali'i Ho'omalulu

~ Wai'oli

Mark Keali'i Ho'omalulu

~ Kaulana Wailua A'o Moloka'i

Amy Hanaiali'i Gilliom

~ Mele Ohana

Keali'i Reichel

~ My Little Grass Shack in
Kealahou, Hawaii

Kalani Bright