

E Ku'u Aloha

(Hawai'i)

Each Hula tells a specific story. E Ku'u Aloha tells about how Pele, the volcano goddess, falls in love with Lohiau, the prince of Kaua'i. The lyrics and music are by Blaine Kamalani Kia, Frank Kawaikapuokalani Hewett and Michael Keala Ching.

Pronunciation: eh KOO-oo ah-LOW-ha

Note: In Hawaiian orthography the apostrophe (okina) denotes a glottal stop as in the English expression "Oh-oh!"

Music: 4/4 meter *He Makana O Na Lei Nani*, by Blaine Kamalani Kia, Band 11

Formation: Lines, with arms-length distance between each dancer. All face the same direction.

Steps & Styling: Basic Feet Position: Feet are hip-width apart, wt is on both ft, toes and knees are positioned straight fwd and knees are bent.

Hela R: Starting from Basic Feet Position, ball of R ft touches out on R diag, while wt stays on L ft and hips shift L (ct 1). Bring R ft back to basic position (ct 2). Eyes look over outstretched hand.

Hela L: Hela R with opp ftwk

Lele uwehe R: Starting from Basic Feet Position, push off from L toes, and step to R with R, bending R knee and shifting hips to R (ct 1); keeping wt on R as you touch ball of L diag L (ct 2); return L to Basic Feet Position (ct 3); with wt on both ft, quickly push wt onto the balls of ft, as knees open quickly diag out (ct &); quickly return to Basic position (ct 4). Eyes follow direction of hand.

Lele uwehe L: Lele uwehe R with opp ftwk.

Ka'o R: Starting from Basic Feet Position, and without moving feet, shift wt from L to R while the hip is lifted as far up on the L side as it can go (ct 1); transfer of weight happens (ct 2).

Ka'o L: Ka'o R with opp ftwk.

Meas 4/4 meter

Pattern

INTRODUCTION

1-4 Hold starting position, with R ft straight in front, standing on straight L. Arms are relaxed at the sides.

I. VERSE 1

1 Bend L knee on upbeat then Hela R, L, R, L. Arms: L hand cups around L ear, elbow out to side. R fingers point in to L palm (ct 1); reach R out to L corner at shldr level, palm down (ct 2); slowly bring R arm to R corner, keeping arms at shldr level (cts 3-4). Eyes follow direction of R hand.

- 2 Hela R, L, R, L Arms: Bring L arm to L corner, turning palms up and look to R corner (ct 1); look to L corner (ct 2); cross arms in front of heart, with R over L, not touching body or each other, and look to the R corner (ct 3); look to the L corner (ct 4).
- 3 Hela R, L R, L Arms: R arm reaches up, with L hand below it and then both arms come down to chest level in 4 counts. Specifically: R arm stretches over head (ct 1); R elbow is slightly bent (ct 2); R hand is at eye level (ct 3). R hand is at chest level with L hand still below R, palm facing in (ct 4). Fingers make a wave like motion for each count by stroking fingers in along the thumb. Eyes follow the direction of R hand. Note: Both hands stay to R side of face.
- 4 Hela R, L, R, L Arms: Repeat meas 3, on L side.

II. VERSE 2

- 1 Hela R, L, R, L Arms: L arm reaches to L, palm down, while R hand makes wave motion by L shldr (ct 1); R hand makes wave motion by sternum (ct 2); palms of both hands turn up (ct 3); reach R arm straight fwd (ct 4).
- 2 Hela R, L, R, L Arms: Both arms are diag down in front of body, palms down (ct 1); arms sweep up to L corner – L higher, R lower (ct 2); fingers dip, and bring fingertips together (ct 3); hands turn with palms up, fingertips together (ct 4).
- 3 Hela R, L, R, L Arms: Opening hands, palm up, R arm reaches to R corner, L arm to L corner, and look to R corner (ct 1); look to L corner (ct 2); twist upper body to R corner and lift arms over head then behind neck to pantomime putting on a lei (ct 3); twist upper body to L corner and complete putting on lei with hands on L side of chest, R hand above L hand (ct 4).
- 4 Hela R, L, R, L Arms: R hand makes an outward circle around the L hand (ct 1); palms turn to face up and R arm reaches out to L corner (ct 2); R hand slowly moves to R corner (cts 3-4).

III. VERSE 3

- 1 Hela R, L, R, L Arms: Upper body twists to L corner, hands facing in twd body at L side of chest while R hand is above L hand and hands make a wave-like motion (ct 1); palms face up and R hand reaches out to L corner (ct 2); upper body and R hand moves slowly over to R corner (ct 3-4).
- 2 Hela R, L, R, L Arms: R hand cups around R eye, and L hand reaches out to R corner, palm down (ct 1); hold the position from ct 1 and twist upper body to the L corner (ct 2); cup L hand around L eye, and stretch R hand out straight ahead from R shldr, palm down (ct 3); look over R shldr and diag down to the R (ct 4).
- 3 Hela R, L, R, L Arms: Repeat hand motions from meas 1 to R.

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- 4 Hela R, L, R, L while rotating 360° CCW (cts 1-4). Arms: hands to mouth as you bend at the hip 45° fwd (ct 1); straighten and reach R to upper R corner, and L to upper L corner (ct 2); repeat cts 1-2 (ct 3-4).

Note: First hela is done with body straight forward; second is done with body to back diag R; third is done with body to back diag L, last is done with body straight fwd.

CHORUS:

- 1 Lele Uwehe R, L Arms: R arm is bent at elbow with R hand by sternum. L arm stretches out to L side (ct 1); L arm reaches out straight ahead from L shldr. (ct 2); repeat meas 1-2 with opp armwk during the Lele Uwehe L.
- 2 Ka'o R, L while making half-turn CCW to face back wall (cts 1-2); Ka'o R, L while making another half-turn CCW to face the front (cts 3-4). This CCW turn is made by placing R ft across L very close and changing wt to R (ct &); turn (ct 1).
- Arms: R arm stretches out to R side palm down, while L arm is bent at elbow by sternum, also palm down (ct 1); arms change to L side, by bending only at the elbows (ct 2); repeat ct 1 (ct 3); repeat ct 2 (ct 4).

IV ENDING

Step R bkwd to back L corner and place L fingertips on L shldr, R fingertips on R shldr (ct 1); reach both arms fwd and straight at shldr level, palms face down, with head bowed (ct 2); hold (cts 3-4).

Sequence:

Introduction (no action)

Verse 1, Chorus, Verse 1, Chorus

Verse 2, Chorus, Verse 2, Chorus

Verse 3, Chorus. Verse 3, Chorus, Chorus, Ending

Presented by Hilde P. Otterholt

Lyrics**E Ku'u Aloha**

Auheā wale 'oe, e ku'u aloha

E ku'u lei laua'e, pili i ke kino e

I lei Kaua'i, i ka nani laua'e o Makana

I lei ho'i au, i kou aloha nui e ka ipo

Ua kono 'oe ia'u, me ka a lawa iki o kou mau maka

Aia ku wau ia 'oe, me ku'u leo hea hea