

Aloha kakahiaka (good morning).

My name is Snowbird Bento

and I'm the Kumu Hula or instructor

for the dance school Ka

Pā Hula O Ka Lei Lehua.

(ukulele playing)

Hula for us is a way that we show

our relationship with our environment,

and hula is the way that we tell our stories

and keep the traditions of our people.

In this hula we'll be teaching you

a few of the foot movements,

some of the lima and the hand movements,

and then put it together for a song.

Mahalo (thank you).

So the primary step of this hula has to do with the posture.

Their knees are gonna slightly bend

just to give them a little bit of leverage

for the hip to move.

In this first step, kāholo,

the feet will start on the right.

They'll take three steps, right, left, right and tap.

Left, right, left and tap.

For the wahine, for the women,  
the hip has a little bit of a lilt to it,  
it's nice and soft.

For the gentlemen, we don't want it  
to look like they're marching,  
but we do want it to be a pronounced step for them.

We're gonna add some hands to this motion now.

So we're gonna start this dance with what we call the pā,  
and the lima are going to go out  
to the sides for the ladies.

The left hand comes up to the chest  
and when they tap on the left foot,  
then they'll switch the hands over.

For the gents, they'll only use one lima.

They're gonna look to the right for four beats,  
and then look to the left for four beats.

One, two, three, four,  
five, six, seven, eight.

Again. One, two, three, four.

Add the wāwae.

Here we go, adding the feet.

One, two, three, four, and five, six, seven, eight,  
and one, two, three, four, and five, six, seven, eight.

This is a ipu heke, so that means it's a double gourd.

So the ipu is what tells them

how quick or how slow to move

and it also helps them to know what beat they're on.

Today we'll be featuring a song called

"This Is The Rain".

So we're gonna take both hands up to the right

and they're gonna start the rain from above their head

and bring it down in four counts.

One, two, three, four.

Repeat the same motion on the left side of the body.

Five, six, seven, eight.

The left hand goes up flat

and the right hand sweeps above the head.

Two beats, one, two, three, four,

switch sides, five, six, seven, eight.

And on that last beat, the hands come into the chest.

They both say, "barrump",

and the foot sticks out at the end.

And one, two, three, four.

♪ This is the rain ♪

♪ This is the rain ♪

♪ Ka ua a'o Hilo ♪

♪ Then came the wind ♪

♪ Pā ka makani e ♪

♪ Barrump, hula ♪

♪ This is the rain ♪

♪ This is the rain - ka ua a'o Hilo ♪

♪ Then came the wind - pā ka makani e ♪

♪ Barrump ♪

(ipu percussion continues)

(ukulele playing)

♪ Hula ♪

♪ This is the rain ♪

♪ This is the rain - ka ua a'o Hilo ♪

♪ Then came the wind - pā ka makani e ♪

♪ Barrump ♪

♪ This is the rain ♪

♪ This is the rain - ka ua a'o Hilo ♪

♪ Then came the wind - pā ka makani e ♪

♪ Barrump ♪

Mahalo nui oho pakahi (thank you so much everyone).

Thanks everyone again for watching.

If you'd like to continue to learn other kinds of dances

please check out other episodes of

If Cities Could Dance.

As we say in hula, leave all your shame

and your bashfulness at home and dare to dance.

A hui hou! (bye)