

Heeia
(Hawaii)

Formation: Partners facing, seated on floor with legs crossed; stick in R hand; L hand with palm up, in front of body.

I. Hands

Vamp Hit palm of L hand with stick, ct 1, partner's stick, ct 2, palm of L hand, ct. 3, own L shoulder, ct 4, repeat entire pattern.

Figure 1 Indicates that action is on water. Sticks on floor between and in front of dancers; hands down at sides. Undulate hands continuously as arms are raised sdwd overhead then lowered in front toward stick. Finish with stick in R hand at end of 8th ct.

Chorus (EA*EA) Hit back of L hand over L side of body, twice quickly, cts 1, 2, hit palm of L hand in front of body once slowly cts 3, 4. Repeat entire pattern.

II. Shoulders

Vamp.
Figure 2 Hit own shoulders alternately, starting with R shoulder for 8 counts.
Chorus.

III. Paddling

Vamp.
Figure 3 Hold "butt" end of stick with both hands, paddle twice to own R and twice to L, for 8 counts.
Chorus

IV. Shoulder Stick

Vamp.
Figure 4 Hit own R shoulder with stick, partners stick count 2, own L shoulder count 3, partner's stick count 4, repeat entire pattern.
Chorus

V. Paddling slowly

Vamp.
Figure 5 Hold stick, hand at each end, horizontally in front of and close to chest. Describe on outward circle with stick, body following the movement, imitating "rowing" a boat counts 1-4, repeat entire pattern.
Chorus

VI. Overhead

Vamp.
Figure 6 Hold stick overhead toward R side, palms of hands pressing against ends of stick. Move stick overhead from R side to L side counts 1, 2, and from L to R side counts 3, 4, repeat entire pattern.
Chorus

VII. Churning

- Figure 7 Vamp.
Hold middle of stick with one hand. Describe a small circle rapidly, as if churning water, then, hit the floor with "butt" end of stick first to R side then to L as if trying to spear a fish counts 1-4. Repeat entire pattern.
Chorus

VIII. Spearing

- Figure 8 Vamp.
Hold middle of stick with one hand. Hit floor with "butt" end of stick, "stab Fish", alternately from R to L for 8 counts.
Chorus

IX. Exchange

- Figure 9 Vamp.
Throw own stick to partner and catch partner's stick in L hand; Two exchanges per measure, four in all.
Chorus

X. Wave

- Figure 10 Vamp.
Hold stick in R hand over to the L side, with spliced tip down wave stick from L to R side, twice counts 1-4. Throw stick to partner and catch partner's stick counts 1-4.
Chorus

XI. Paddling

- Figure 11 Vamp.
Repeat Figure 3, paddling.
Chorus

XII. Wave

- Figure 12 Vamp.
Repeat figure 10, Wave, receiving own stick. Music retards, last Ea*Ea can be shortened. Place stick on floor, in front, as in beginning of dance. Stretch arms fwd, place hand on top of hand with palms down, and bow with head between arms.
Chorus