

I Am Hawai'i — continued

- 4 Kaholo L. Arms: L continues to hold still, while R completes a full circle CW by going above the head (eyes follow motion) and ends straight out to R side, palm up.
- 5 Kaholo R. Arms: Turn palms down and then in as R arm makes half-circle CW; L arm makes half-circle CCW (as above in meas 3). Note: arms will cross low in front and then begin to rise.
- 6 Kaholo L. Arms: Both arms continue to rise above head, palms in, with eyes following the movement up, then separate and lower to shldr level, palms up, completing full circles.
- 7 Ka'o R, L. Arms: Turning palms down, look R as both arms reach sdwd, and then straight in front, shldr width apart.
- 8 Ka'o R with dip (extra bend in knees), Ka'o L. Arms: Bring hands twd body, palms in and cross in front of heart, R over L, with eyes down, and then open out straight in front, shldr width apart, palms up.
- 9 Kaholo R. Arms Make rain with simultaneously tapping fingers moving downward, palms out, as both arms start from upper L corner and end just below shldr level. Eyes follow movement.
- 10 Kaholo L. Arms: Repeat meas 9 beg on R side.
- 11 Ka'o R, L. Arms: Make wave with R hand to R by moving open hand (palm down) up, down, up (cts 1-2); make wave with L hand to L side by moving open hand (palm down) up, down, up (cts 3-4). Eyes follow movement.
- 12 Ka'o R, L. Arms: Make wave with both R and L hands to R side (cts 1-2); make wave with both L and R hands to L side (ct 3-4), as described in meas 11. Eyes follow movement.
- 13 Kaholo R. Arms: L reaches L, palm down (ct 1-2). Make a pillow of R hand, palm down, near L shldr, and head rests on back of hand, tilted L ("Sleepy arms") (cts 3-4).
- 14 Kaholo L. Arms: Repeat action of meas 13 on R side with L hand.

BREAK 1

- 1 Ka'o R, L. Arms: Both arms reach sdwd, palms down, while looking R (ct 1), then straighten in front, shldr width, looking fwd (ct 2)
- Extend straight R leg to R diag. Arms: Bring hands in close to body, palms in (ct 3); wave-like motion with both hands at sternum, and reach straight in front, shldr width (ct 4).

II. VERSE 2

- 1-2 Repeat Fig I, meas 1-2.
- 3 Kaholo R. Arms: ("Flower" motion) Both arms in front slightly below shldr level, palms face down while making a wave-like motion with hands in ctr pos (cts 1-2); turn palm up, bringing fingertips together both hands over to R corner at shldr level (cts 3-4). R is higher than L.
- 4 Kaholo L. Arms: Repeat meas 3 with opp armwk and direction.

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- 5 Kaholo R. Arms: Bring hands to sternum, palms down, with R arm closest to body. Hands circle around each other and outward, with R hand starting by pulling up, then L, then R (cts 1-3); hold (ct 4).
- 6 Kaholo L. Arms: Hands continue circling by pulling up L, R, L (cts 1-3); hold (ct 4)
- 7 Kaholo R. Arms: Turn L palm up and extend slightly diag L at shldr level, while R hand makes a wave-like motion into L palm (cts 1-2); R arm lifts in an arc to end straight over head, palm L (cts 3-4). Eyes follow movement.
- 8 Kaholo L. Arms: L palm rises to makes wave-like motion into R palm (cts 1-2); L arm comes back down in an arc to end extended to L slightly diag L and slightly below shldr level (cts 3-4).
- 9 Kaholo R. Arms: both arms reach out to L corner, palms up. Bring both hands in close to body on L side of chest. Eyes are down. L hand above R hand. Palm of hands face in twd the body.
- 10 Kaholo L. Arms: Repeat meas 9 beg by reaching out to R corner and ending R above L.
- 11 Kaholo R. Arms: Turn palms down and then in as R arm makes half-circle CW; L arm makes half-circle CCW (as above in meas 3). Note: arms will cross low in front and then begin to rise.
- 12 Kaholo L. Arms: Both arms continue to rise above head, palms in, with eyes following the movement up, then separate and lower to shldr level, palms up, completing full circles.
- 13 Kaholo R. Arms: Hands make wave-like motion at sternum palms in (cts 1-2). L arm stretches straight up, palm R, as R arm reaches out to R corner. Upper body and eyes turns to R corner (cts 3-4).
- 14 Kaholo L while making one full turn CCW. Arms: R stretches straight up, palm L, as L reaches out to R corner, palm down and then turning up, and sweeps L so that by the end of the turn L arm is in L corner.

Note: This CCW turn is done with three traveling pivots.

BREAK 2

- 1 Step straight fwd on R. Arms: R arm to R, L arm to L, palms down (cts 1-2). Bring arms straight ahead, shldr width apart (cts 3-4).
- 2 Transfer wt back to L, but leaving R fwd. Arms: Bring hands in close to body, palms in and cross in front of heart, R over L.
- 3 Hold pos from above. Arms: Stretch out to shldr level with palms face up, shldr-width apart, palms in.
- 4 Hold pos from above. Arms: Bring both hands close to body and both hands make a wave-like motion by sternum, palms in, and then stretch out straight ahead from shldr, palms up and shldr-width apart.

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BREAK 3 – ADDED BEFORE ENDING

- 1 Step fwd on R Arms: Extend R arm to R; L arm to L. Bring both arms in front, shldr-width apart, palms down.
- 2 Transfer wt back to L. Arms: Bring arms close to body, making wave-like motions with hands by sternum, palms twd body, gradually opening arms in front, shldr-width apart, palms up.
- 3 Kaholo R. Arms: Hands make wave-like motion at sternum palms in (cts 1-2). L arm stretches straight up, palm R, as R arm reaches out to R corner. Upper body and eyes turns to R corner (cts 3-4).
- 4 (Tempo slows from here to end)
Kaholo L while making one full turn CCW. Arms: R stretches straight up, palm L, as L reaches out to R corner, palm down and then turning up, and sweeps L so that by the end of the turn L arm is in L corner.
- Note: This CCW turn is done with three traveling pivots.

Sequence:

Introduction

Verse 1, Break 1

Verse 2, Break 2

Verse 1, Break 1

Verse 2, Break 3

Ending:

Break 2, meas 1-3. Meas 4: Bend L knee and turn palms down and spread arms to corner pos. Hold pos to end of music.

Presented by Hilde P. Otterholt

Lyrics**I Am Hawai'i**

I am Hawai'i
I am forever
I will always
Be kind to you.

I am Hawai'i
I am the flowers
Whispering waters
Enchanting hours.

May gentle rain
Wash your cares
Far out to sea
Come, you dreamers
And dream with me.

Come, you lovers
Come to forever
I am Hawai'i
I bring you love.