

Kona Hema O Ka Lani

(Hawaii)

An implement dance using Kala'au (12" rhythm sticks).

Pronunciation:

Starting position: Standing holding sticks crossed slightly above waist level in front with L arms closest to body

Music: Kona Hema O Ka Lani

4/4 meter

Introduction: 3 meas.

Meas	Steps	Arm movements
	Part 1	
1	4 walking leles fwd, R, L, R, L.	Slowly raise crossed sticks to above and slightly in front of head (form X) to make a window for head. Tap L stick on R stick on ct 4.
2	R hela L hela	Tap L stick on R on ct 6, tap L stick on R on ct 8.
3	RK	Arms move from 45 degrees L to 45 degrees R, crossing at same height, hit R stick on L, hit L on R, hit R on L, hold.
4	LK	Revers meas 3.
5-8	4 walking leles bkwd, R, L, R, L., then repeat ftwk of meas 2-4.	Repeat arms from meas 1-4.
9-10	4 ka'o (hip sways), beg with R sway.	Arms move in modified circle from L to R with 2 taps on each sway with R always tapping L stick.
	Part 2	
11-12	RK fwd LK bkwd	Raise arms with elbows bent to slightly above head and hit sticks on each ct. Hit R, L, R, L (cross and hit on each ct).
13	RK to R side	Continue crossing and hitting sticks on each ct.
14	LK to turn 180 degrees CW.	Continue crossing and hitting sticks on each ct.
15-18	Repeat meas 11-14.	Repeat meas 11-14.
19-20	Repeat meas 9-10.	Repeat meas 9-10.
21	R hela L hela	Hold R stick up about head level, hit L stick on R stick—inside, outside, inside, outside. Hit once on each ct.
	Part 3	
22-23	RK, LK	(Wind) Move both arms above head. Make small CCW circle with R arm (ct 1). Make small CW circle with L arm (ct 2). Make small CCW circle with R arm (ct 3). Tap L stick to inside of R stick (ct 4).
24-25	4 CCW amis to make 1 full circle.	on each ami, hit sticks R, L, R; L, R, L; R, L, R; L, R, L.
26-30	Repeat meas 22-25.	Repeat meas 22-25.
31-32	Repeat meas 9-10.	Repeat meas 9-10.

Kona Hema O Ka Lani—continued

Meas	Steps	Arm movements
	Part 4	
33	R olapa	Hold R stick slightly above waist in front, hit L stick on R (ct 1). Move R stick to front and hit L stick on top or R (ct 2). Bring crossed sticks close to body (X) (ct 3). Hit R stick on L stick (ct &). Hit L stick on R stick (ct 4).
34	L olapa	Reverse arms and sticks of meas 33.
35-36	RK, LK	Repeat meas 3-4.
37-40	Repeat meas 33-36.	Repeat meas 33-36.
41-42	Repeat meas 9-10.	Repeat meas 9-10.
43	Repeat meas 21.	Repeat meas 21.
	Repeat	
44-84	Repeat meas 1-40.	Repeat meas 1-40.
85	R sway L sway	Repeat meas 9.
86 End	Step fwd on R. Close L to R.	Bring arms out to sides, cross in front about chest level with L closest to body.

Presented by Marilyn Gentry and Nora Nuckles