



# SESSION HANDOUT

## Hawaiian Dreams

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*ZINS: Keoni Manuel, Terry Ann Lehuamaula, Wailani Aponte, Chad Kalani, Ikaika Vinta and Troy Lazaro*

## SESSION HANDOUT

### Presenter

Madalene Aponte (ZES)  
Hawaii ZIN Members

### Schedule

10 min: Introduction/ Hawaiian Chant

20 min: Lecture (Dances of Hawaii) Hula, Tahitian, Samoan and Jawaiian

20 min: Practical application of basic steps for each dance.

1 hour: Master Class

10 min: Questions and final Tahitian drums jam

(Total: 2 hours)

### Session Objectives

- Learn the basic steps for modern Hula, Tahitian and Samoan dances! Groove with the sounds of Jawaiian music.
- Learn about the culture and history of these dances.
- Add the grace, beauty and flow of these dances to your classes.
- Experience a fitness fusion that will challenge your lower body, give your core a challenging workout and teach you how to tell a story with your hands.

### History & Background

Hawaiian Dreams is collaborate effort from Zumba Education Specialist Madalene Aponte and ZIN members from Hawaii. Here is a brief description of the dances we will incorporate in our session:

**Hula –** The Hula is the traditional dance of the islands of Hawaii, Before Western contact, hula was danced for social enjoyment but its chants

also preserved epic tales, myths, history and philosophy. Modern Hula uses music with western influence of the guitar and ukulele. The knees are bent while performing most of the basic movements and traveling while the arms and hands help tell the story.

**Tahitian** – Tahitian dance comes from the islands of Tahiti. There are many different styles of Tahitian dance. We will be dancing to “aparima” and the faster paced drum driven ‘otea”. The constant hip and core movement in Tahitian dance will create a great core workout. The strong music and drumbeats characteristic of Tahitian music allow the dancer to move with the tempo of the music.

**Samoan dance** – A Samoan dance is called “Siva”. Females usually dance using a gentle motion of the hands and feet to the music. Males perform the traditional slap dance in a group.

**Jawaiian** – Jawaiian music is often described as the hybridization between Jamaican reggae and Hawaiian music. Jawaiian music often features instruments associated with reggae music such as keyboards, trumpets and timpani drums, yet they also feature Hawaiian instruments like ukulele. In addition, lyrics are often sung and written in Hawaiian and lyrics often talk about the ocean, surfing and living in Hawaii.

**Ha’a Koa** – Refers to the Ancient Hawaiian Warrior Dances performed by the males. The dances are rooted on traditional Hawaiian practice including “lua” (martial arts), hula and “ole” (chants). Our male dancers will be demonstrating some Ha’a Koa moves.

## 2014 ZUMBA INSTRUCTOR CONVENTION

### Application of the Zumba® Formula

We have choreographed our playlist to follow the Zumba Formula. This will make it easier for ZIN members to teach the songs.

### Basic Steps & Variations

#### Basic Steps & Variations for Hula and Tahitian

#### Hula:

**Kaholo** – Two steps to the right, bringing your feet together and Two steps to the left, bringing your feet together. Moving to the right: “Step, together, step, tap”. Repeat process to the left. Remember to sway the hips.

**Hela** – while keeping your stance, extend your foot forward as you sway: extend your right foot as you sway to the left and extend your left foot as you sway to the right

**Uwehe** – step in place (one at a time) and lift your heels; you should not be lifting you entire body, stay level as you uwehe so that only your legs are moving

**Ka’o** – Bend from the knees and sway your hips side to side. A variation can lift the heel of the floor to make the hip go higher

#### Tahitian:

- **Tamau** – side to side hips
- **Varu** - Figure 8 in front. Feet twist forward to exaggerate the hip movement
- **Ami** – Hip circles. Knees bent, making a full circle around back and front. Circles can be done ½ tempo, tempo or fast double time.
- **Afata** – Hip box. Push the hips 45% degrees front, back, back and front.

## Recommended Music

Name of Song	Genre	Artist
Tiki Dance – Warm up	Tahitian Tecno	Fenua
Halepi’owai	Hula	Mark Keali’I Ho’omalulu
Ipo Lei Momi	Hula	Keali’I Reichel
Te lalama	Tahitian Drums	Te Vaka

Name of Song	Genre	Where it can be found
Hua Afe	Tahitian	Te Vaka
Manu Samoa	Samoan Siva	Te Vaka
Sao Tao’o	Samoan reggae	
Mana Malohi	Tahitian	Te Vaka

Name of Song	Genre	Where it can be found
Let my people dance	Jawaiian	Samson
Maoli Girl	Jawaiian	O- Shen

## Choreo Notes

Song Name	Halepi’owai (Hula)	
Song Part		Notes
Intro	Basic stance knees bent hands on waist	
Chorus	4 Hela Steps	Arms to the side
Verse	Ka’o Step	Arms on waist
Chorus	4 Hela Steps	Arms to the side
Verse	Ka’o Step	Arms across the chest
Chorus	4 Hela Steps	Arms to the side
Verse	Ami ½ tempo	Arms across the chest
Chorus	4 Hela Steps	Arms to the side
Verse	Ami 2 slow 4 around faster	Turning around
Chorus	4 Hela Steps	Arms to the side

Verse	Koholo Step	Moving right and left
Chorus	4 Hela Steps	Arms to the side
Verse	Koholo Step	Moving right and left arms front and side
Chorus	4 Hela Steps	Arms to the side
Verse	Uwehe Step	½ tempo
Chorus	4 Hela Steps	Arms to the side
Verse	Uwehe Step	faster
Chorus	4 Hela Steps	Arms to the side
Finale	Step back left, right, left	Hands touch in front

Every Little Thing (Jawaiian)		
Song Part		Notes
Intro	Free Style flow	Feel the music!
Chorus	Hop 1,2,3 /Step touch front and back/ami	Move forward and back
Verse	Squat side to side	Surfing motion
Chorus	Hop 1,2,3 /Step touch front and back/ami	Move Forward and back
Verse	Squat side to side	Lower Squat
Chorus	Hop 1,2,3 /Step touch front and back/ami	Moving forward and back
Verse	Reggae knee in single, single double	Last one body roll
Chorus	Hop 1,2,3 /Step touch front and back/ami	Move forward and back

### Hawaiian Words

- Aloha – Used to greet and say goodbye. Is also used to mean love
- Ohana – Family
- Mahalo – Thank you
- Chehuu – Island yell used when people are exited
- Pareo – wraparound skirt
- Karanga – chant
- Ipu heke- Hula instrument

*A'a i ka hula, waiho i ka maka'u i ka hale*

**“dare to dance, leave shame at home”**