

Ka Uluwehi O Ke Kai (Plants of the Sea) - Words & Music by Edith Kanakaole

Such a delight to see
The great big ocean
So familiar and cherished as a child
With its fragrance of the lîpoa

It is lîpoa which washed ashore
Onto the shiny white sand
Hot from the heating sun as you step on it
Don't think this is virtuous

How enticing is the display of limu kohu
Atop the rocks
Enticing one to pick them
As they sway to and fro

Let the story be told
Of the lîpoa and the limu kohu
Close companions of the pâhe`e
Intermingled with the lîpalu

[Ending chant:]

E ho'i hou mai ana [Returning]

No ka 'aina iwituamo'o [To/for the family/ancestral land]

No ka lahui [To/for the People]

[There is innuendo in the original Hawaiian that picking edible seaweed is like picking a lover.]

Ka Uluwehi O Ke Kai Hawaii

Pronunciation: Kah Oo-Loo-WAY-Hee O Kay Kae

Music: "Ka Uluwehi O Ke Kai," from "Hapa" by Hapa with guest musicians Steven Stills and Kenny Loggins. Hapa is pidgin for half or mixed, named for musical duo of Kelii Hoomalu Kanealii and Barry Flanagan.

Rhythm: 4/4, composed in 8 beats per line of song, 4 lines per verse, then an 8-beat chorus.

Formation: Individually, in lines.

Styling: Playful.

<u>MEASURE</u>	<u>STEPS</u>	<u>HANDS</u>	<u>EYES</u>
	Introduction and Chorus: Aloha Idle hand at side. Begin after 8 beats of music, during instrumental introduction. (As needed, dance diagonally back home.)		
1	<u>Kaholo R, facing front</u>	<u>R hd to L front, wave Aloha to R</u>	<u>Follow R hd</u>
2	<u>Kaholo L</u>	<u>L hd to R front, wave Aloha to L</u>	<u>Follow L hd</u>
	I. 1st verse: See Ocean (Dance twice with Chorus.)		
1	<u>Kaholo R, facing front</u>	<u>R hd floating at chest level</u>	<u>Face front</u>
2	<u>Kaholo L</u>	<u>L hd diag. up L, R hd swirling wind</u>	<u>Follow L hd</u>

<u>3</u>	<u>Kaholo R, facing R diag.</u>	<u>Both hds make large waves to R</u>	<u>Face diag. R</u>
<u>4</u>	<u>Kaholo L, facing L diag.</u>	<u>Both hds make large waves to L</u>	<u>Face diag. L</u>
<u>5</u>	<u>Step fwd R, return LR touch L</u>	<u>Both hds gather wide to heart</u>	<u>Fwd, then inward</u>
<u>6</u>	<u>Step back L, return RL touch R</u>	<u>Both hds swing cradle RLRL</u>	<u>Down to cherish</u>
<u>7</u>	<u>Low flat kick diag R[x2], return</u>	<u>Both hds follow, sweep to L</u>	<u>Bend down over R ft</u>
<u>8</u>	<u>Low flat kick diag L[x2], return</u>	<u>Both hds follow, sweep front</u>	<u>Bend down over L ft</u>

[Note: optional parts in these brackets]

II. 2nd verse: Wash Ashore onto Hot Sand (Dance twice with Chorus.)

<u>1,2</u>	<u>Hela: Touch ft fwd, return: R L R L</u>	<u>Both hands lightly tread water</u>	<u>Face front</u>
<u>3</u>	<u>Kaholo R w/ R hip dip</u>	<u>R hd [pushes fwd, then] scoops up</u>	<u>Watch R hd</u>
<u>4</u>	<u>Kaholo L w/ L hip dip</u>	<u>Hold R hd as L hd [pushes, then] scoops up</u>	<u>Watch L hd</u>
<u>5</u>	<u>Kaholo R w/ L kick fwd</u>	<u>Both hds block sun, sweep dn to hit hips</u>	<u>Look up at sun</u>
<u>6</u>	<u>Kaholo L w/[2] R kick[s] fwd</u>	<u>R fist at chest punch L w/kick[s]</u>	<u>Face front</u>
<u>7,8</u>	<u>Ami poniu, around island CCW</u>	<u>Guitar, hands curl each ¼ turn</u>	<u>Beyond R hd</u>

III. 3rd verse: Picking Seaweed Like a Lover (Dance twice with Chorus.)

<u>1,2</u>	<u>Lele: skip gently fwd: R L R L</u>	<u>Open from heart forward</u>	<u>Face front</u>
<u>3</u>	<u>Step back R L R L</u>	<u>Both hds trace “S” current in water</u>	<u>Watch hds</u>
<u>4</u>	<u>Kaholo R, turn diag R</u>	<u>R hd to L front, wave Aloha to R</u>	<u>Follow R hd</u>
<u>5</u>	<u>Uwehe: [L kick], lift heels as open knees</u>	<u>L basket, R picks [x2]</u>	<u>Watch R hd</u>
<u>6</u>	<u>Uwehe: [R kick], repeat on L diag</u>	<u>L basket, R picks seaweed [x2]</u>	<u>Watch R hd</u>
<u>7,8</u>	<u>Ami: rotate hips CCW, then CW</u>	<u>R fist, then L floating at chest level</u>	<u>Face front</u>

IV. 4th verse: Tell a Story (Dance twice with Chorus.)

<u>1</u>	<u>Kaholo R on R diagonal.</u>	<u>R hd from mouth out, hold.</u>	<u>Follow R hd</u>
<u>2</u>	<u>Kaholo L on L diagonal.</u>	<u>L hd from mouth out</u>	<u>Follow L hd</u>
<u>3</u>	<u>Step fwd R, return LR touch L</u>	<u>Both hds gather wide to heart</u>	<u>Fwd, then inward</u>
<u>4</u>	<u>Step back L, return RL touch R</u>	<u>Both hds swing cradle RLRL</u>	<u>Down to cherish</u>
<u>5,6</u>	<u>Figure 8 hips: [R, L diag] on horiz</u>	<u>Clap and spread hds wide [repeat]</u>	<u>Face front[R&L]</u>
<u>7,8</u>	<u>Shift feet: R L R L , R L R L</u>	<u>L bowl, R scoop CW, high, mouth</u>	<u>Watch R hd</u>

V. Ending Chant (Dance only once.)

<u>1,2</u>	<u>Lele: skip gently fwd: R L R L</u>	<u>Open from heart forward</u>	<u>Face front</u>
<u>3</u>	<u>Step back R L R L</u>	<u>Both hds trace “S” current in water</u>	<u>Watch hds</u>
<u>4</u>	<u>Kaholo R</u>	<u>R hd to L front, wave Aloha to R</u>	<u>Follow R hd</u>
<u>5</u>	<u>3-step CCW Turn to L touch R</u>	<u>Cross at heart</u>	<u>Inward</u>
<u>6,7</u>	<u>Aloha R&L, as in Chorus</u>		
<u>8</u>	<u>3-step CW Turn to R touch L</u>	<u>Cross at heart</u>	<u>Inward</u>
<u>9</u>	<u>Uwehe: [R kick], open knees on L diag</u>	<u>L basket, R picks seaweed [x2]</u>	<u>Watch R hd</u>
<u>10,11</u>	<u>Aloha R&L, as in Chorus, but slower as music slows</u>		
<u>12</u>	<u>Stand in place</u>	<u>Scoop from earth, open big circle up high, dn to heart</u>	<u>Look dn, up</u>
<u>ENDING:</u>	<u>Hold</u>	<u>From heart, touch both shdrs</u>	<u>Face front</u>
	<u>Step back on R</u>	<u>Stretch both hds front, palms down</u>	<u>Look dn</u>

