

Earth and Water Hula

Hula positions, please.

*Right arm out to side, palm down.
Left arm bent in front of chest.*

Mahalo. Thank you.

Tiny stream

*Both arms straight out in front,
palms in, moving in curved line
toward chest.*

Carry me

Along the shore
Blowing leaves.

*Arms high and in front, moving in
zigzag motion from top to bottom.*

Rushing river

*Both arms straight out in front,
palms in, moving in curved line
toward chest.*

Current strong

Muddy banks

I float along.

*Arms bent, palms down, hands
moving gently right to left.*

Big blue ocean

*Arms in front. Roll one hand over
the other.*

Crashing wave

Toss me homeward

Keep me safe.

Fold arms across chest.

On the beach

*Left arm and hand swaying like
palm tree with right bent across
chest and under "tree."*

Soft warm sand

Makes me happy

I'm on land.

*Turn right palm up and sweep arm
from left to right.*

Mountain and valley

*Arms bent up, fingertips touching,
move right hand in angle
toward ground.*

Lake and sea

Earth and water

Both home for me.

*Hands forming peak over head, then
fold arms across chest.*

*Tap shoulders, take a bow, then put hands
together. If you'd like to add foot work,
stand in bare feet with hands on hips and
knees bent. Step to the right, tap left foot
to right. Repeat. Step to the left, tap right
foot to left. Repeat. Continue taking two
steps to the right and two steps to the left
throughout the song.*



(lyrics by Joellyn Ciccirelli)
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