

Pua Mae 'Ole

John Kamana

Ku'u pua, Ku'u pua mae 'ole	My blossom, my never fading flower
No mau ko'u li'a ana.	Great is my yearning (for you).
A nohea 'oe i ku'u maka lā	You remain so lovely in my eyes
A no nā kau ā kau.	Year-after -year (season to season).
Nani he u'i ka wahine lā	Lovely, so beautiful is the lady
A he lei wehi no nā kupuna	A precious wreath (lei) to adorn the grand parents
Ku'u pua, ku'u pua mae 'ole.	My flower, my never fading flower
Nou ku'u mele nei	This song is for you.

My teacher, Bella Richards, choreographed this beautiful love song. It is my pleasure to share it here with you .

The poetry compares the loved one to a treasured flower whose beauty never changes – a blossom that remains fresh and fragrant through each passing year, from season-to-season. A person who is not only adored by her admirer, but she is also deeply loved by her parents and grandparents as well.

This song makes a wonderful choice for weddings. It is an equally appropriate number to be danced by the bride at her own wedding, or danced by another to honor the bride and groom.

Pua Mae 'Ole

John Kamana

(2 hds pick.show pua on Rt,) (then on Left) (2-hds "no") (then R-hd only, "no")
Ku'u pua, **Ku'u pua mae 'ole**
 Sway R-L, dn & up V-R V-L Sway R-L

(2 hds point Rt) (roll @ chest L & Right) (Open 2 hds from self)
Nou mau ko'u li'a ana.
 V-R V-L V-R V-L

(R-hd across chest & point Rt) (2 hds @ eyes) (R-eye, L-out)(reverse)
He nohea 'oe i ku'u maka lā
 'ami 'ākau 2X V-R V-L Step bk R & L

(open R from chest then open L) (open 2hds from chest)
A no nā kau ā kau.
 V-R V-L Sway R-L-R-L moving down to floor

(2 hds up & dn body) (L-hd down body, R-hip) (reverse)
Nani he u'i ka wahine lā
 Sway 4X to floor & up turning Rt, bk V-R pivot & bk V-L facing Lft

(2 hds place lei) (2 hds p/o shldr hi, up & by shldr,p/o)(Open Rt, L@chest 2X)
A he lei wehi no nā kupuna
 Sway R - L lele 'uehe R V-R Step bk on L

(2 hds pick.show pua on Rt,) (then on Left) (2-hds "no") (then R-hd only, "no")
Ku'u pua, ku'u pua mae 'ole.
 Sway R-L, dn & up V-R V-L Sway R-L

(2 hds mouth out R, p/u) (reverse) (2 hds mouth out, p/u)
Nou ku'u mele nei
 V-R V-L Sway R-L-R-L

(ending)
 (mouth out R, p/d, L@ hip) (reverse)(sweep p/d from low R to hi L w/pua 2 hds)
Nou ku'u mele ... Ku'u pua mae 'ole....
 V-R V-L Step on R & to floor on R-knee