

'ANAPAU

1

Kāhea: 'Ae, he aha e ka hana 'Anapau lā?

1)

(open R hand)

He aha e ka hana

VR

(open L hand)

'Anapau la?

VL

Utt Ut, Utt, Ut

(hold reins of horse.....)

Hololio e ka hana

VR w/ 'ōniu-face R

'Anapau la

VL w/ 'ōniu-face L

Utt Ut, Utt, Ut

(repeat)

2)

(biz line 1.....)

He aha e ka hana

VR

'Anapau la?

VL

Utt Ut, Utt, Ut

(hold reins chest hi; look over L shoulder)

Ho'olewa e kahana

traveling VR 8X.....

'Anapau la

Utt Utt, Utt Ut

(reverse)

3)

(2 hds lo L to hi R; p/o)

I luna a'e 'oe

VR face R

(2 hds higher R; p/o)

'Anapau la?

Ka'ō L & R

Utt Ut, Ut Ut

(2 hds lo R to hi L; p/o)

I luna loa a'e

VL face L

(2 hds higher L; p/o)

'Anapau la

Ka'ō R & L

Utt Ut, Ut Ut

(on repeat: footwork is same, but 2nd line faces L then R)

4)

(2 hds near knees R-L; p/d)

I lalo a'e 'oe

'uehe R & L

(repeat)

'Anapau la?

'uehe R & L

Utt Utt, Utt Utt

(2 hds lower R)

I lalo loa iho

slow 'uehe forward R

(2 hds lower L)

'Anapau la

slow 'uehe forward L

U.....tt, U.....tt

(repeat)

5)

(biz line 1.....)

He aha e ka lolo

VR

'Anapau la?

VL

Utt Ut, Utt, Ut

("pick" @ clothes: shoulder, chest, waist, hip)

He salisa e ka lolo

VR face R

'Anapau la

VL face L

Utt Ut, Utt, Ut

(repeat)

'ANAPAU

2

6)

(hula pos. R.....)

Ha 'ina kō ma 'i 'Anapau la`

'ami kūkū 'ākau.....

Ut Ut, UUUtt

(clap) (2 hds "never")

Ua pau e ka lewa

'ami kūkū hema.....

(hula pos. L)

'Anapau la`

Ut Ut, UUUtt

(repeat)

(hula pos. R)(pau @ front, ctr)

'Eā lā, 'Eā lā, 'Eā

'ami 'ākau 2X & kū

Kuolo t Kuolo t, U

(ww lima R)('au L)(Lele pos L-R-L)(2hds ftr ctr "swish"R-L-R-L)(hi ctr)

A E L....EIA.....

ww ki'i R 'au L lele L-R-L

'ōniu bk R-L-R-L

UUUtt, tt,

pt R toe UtUtUt, UUUtt, U

Kāhea: **He Inoa No 'Anapau**

Repertoire from Aunty Lani Kalama
Embellished by Kealohalani
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Note: ww lima = wāwae lima
ww ki'i = wāwae ki'i