

These Islands

Music and Lyrics by Danny Couch



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|------|---|----------------|------|---|
| 1.1 | Have you seen these Islands | | 3.1 | Have you felt the power |
| 1.2 | Have you seen the beauty of this land | | | <i>(O kēia ke aloha)</i> |
| 1.3 | Have you seen it's people | | 3.2 | Mountain craters throwing lava in the air |
| 1.4 | Brothers, sisters walking hand in hand. | | | <i>(O kēia ke aloha)</i> |
| 1.5 | Have you seen the ocean | | 3.3 | Or its green swept beauty |
| 1.6 | Miles and miles of crystal deep blue sea | | | <i>(O kēia ke aloha)</i> |
| 1.7 | Can you smell the flowers | | 3.4 | Of each island, blossoms everywhere |
| 1.8 | Fill the air with fragrances for free | | | <i>(O kēia ke aloha)</i> |
| 1.9 | This is aloha | | 3.5 | Have you felt its spirit |
| 1.10 | This is aloha | | 3.6 | Ancient gods, their mana still is here. |
| 1.11 | This is aloha | | 3.7 | Colored rainbows stretch across the sky |
| 1.12 | This land of Hawai'i. | | 3.8 | Waterfalls so high |
| 2.1 | Have you felt the power | | 3.9 | Mountains make you cry |
| 2.2 | Mountain craters throwing lava in the air | | 3.10 | You will love these Islands |
| 2.3 | Or its green-swept beauty | <i>(O kēia</i> | | <i>)O kēia ke aloha)</i> |
| 2.4 | Of each island, blossoms everywhere | 3.11 | 3.11 | Nothing in the world can compare |
| 2.5 | Have you felt its spirit | | | <i>(O kēia ke aloha)</i> |
| 2.6 | Ancient gods, their mana still is here. | | 3.12 | If you touch the spirit |
| 2.7 | You will love these Islands | | | <i>(O kēia ke aloha)</i> |
| 2.8 | Nothing in the world can compare. | | 3.13 | Then the gift of love will lead you here |
| 2.9 | This is aloha | | | <i>(O kēia ke aloha)</i> |
| 2.10 | This is aloha | | 3.14 | This is aloha |
| 2.11 | This is aloha | | 3.15 | This is aloha |
| 2.12 | This land of Hawai'i | | 3.16 | This is aloha |
| | | | 3.17 | This land of Hawai'i |
| 3.0 | Musical interlude | | 3.18 | Have you seen these Islands |

Notes on the Video

The original choreography is by Pattye Kealohalani Wright, Kumu Hula of Nā Puakea O Ko'olaupoko in Kailua, Hawai'i. Hula steps used in this number are Hela, Kāholo, Lewa imua (walk sway forward), Aui, One handed vamp, E ue.

Our number is taught and danced by Kumu Hula Pattye Kealohalani Wright (Kumu Kea). The music used is Danny Couch's recording of his composition from his CD entitled "Almost Paradise", Danny Couch Recording, DCR-001.

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(2 hds @ eye,p/i & down,p/o then 2 hds "island") (2 hds up body, then down & open low p/u)

1. Have you seen these Islands Have you seen the beauty of this land

Point Rt toe

(L@heart, R-open p/u, then open L from extended R-hd)(clasp 2 hds @ L - R & L)

Do you know its people Brother, sisters walking hand in hand.

Point Rt toe, turn torso slightly L & R Turn torso L, R, L

(dip for sea @ low L, center & Rt) (Roll 2 hds low R to L) (Then dip sea 1X on L & R reaching far bk)

Have you seen the ocean Miles and miles of crystal deep blue seas

Point Rt toe, bend low so hands can be near ground, turn torso Left - Right - Left

(2 hds pick pua low Rt & slowly lift to high L then R-touch L-pua & arch across high)

Can you smell the flowers fill the air with fragrances for free

Point Rt toe

(2 hds either side and cross for love)(2 hds roll @ chest L & R) (L@heart, R-mouth out,p/u)(reverse)

This is aloha. This is aloha. This is aloha.

Point Rt toeSlight bow with body R & L

L-hd high, R-open p/u) (reverse)

This land of Hawai'i.

Point Rt toe

(2 hds out to either side, p/u, bring to cntr front & cross, make fist & "pull")(repeat)

2. Have you felt the power Mountain craters throwing

hela R & L hela R & L

(2 hds scoop from low p/d,up body open,plms in, hi-cntr)(L@hip,p/u,R-sweep low L, p/u)(reverse)

Lava in the air Or its green swept beauty

V-R & V-L slight turning vamp R & L

(R-hd higher, 2 hds pick pua hi) (then reverse 3X)

Of each island, blossoms everywhere

walk sway around island R-L-R-L turning toward L shoulder (CCW)

(2 hds touch R-toe,p/d, draw up to chest turning p/o,then back to toe, p/d, then across chest)(repeat L)

Have you felt its spirit Ancient gods,

Aui Rt & L

(arms extended out either side, wrist flexed w/fingertips pointing straight up,p/o)

turn torso R-Cntr-L-Cntr-R-Cntr-L-Center)

Their mana still is here

hela R-L-R-L turning torso

(2 hds out to side p/d then cross for love) (2 hds out to either side,p/d,sweep down, cross & up & out)

You will love these Islands Nothing in the world can compare.

V-R & V-L hela R - L - R - L

(2 hds either side and cross for love)(2 hds roll @ chest L & R) (L@heart, R-mouth out,p/u)(reverse)

This is aloha.

V-R & V-L

This is aloha.

V-R & V-L

This is aloha.

V-R & V-L

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(L-hd high, R-open p/u) (reverse)

This land of Hawai'i.
K-R K-L

Musical interlude: One handed vamp R & L
Four hela @ island (CCW) hands on hip
One handed vamp R & L

3. (2 hds out to either side, p/u, bring to cntr front, cross, make fist & "pull") (Repeat)
Have you felt the power. Mountain craters throwing
hela R & L hela R & L

(2 hds scoop from low, p/d, and open up and out high) (L@ hip,p/u, R-open low Lto R, p/u)(reverse)

Lava in the air
V-R & V-L

Or its green swept beauty
slight turning vamp R & L

(R-hd higher, 2 hds pick pua hi) (reverse 3X)

Of each island, blossoms everywhere
walk sway around island R-L-R-L turning toward L shoulder

(2 hds touch R-toe,p/d, draw up to chest turning p/o,then back to toe,p/d,then across chest)(repeat L)

Have you felt its spirit Ancient gods
aui R & L

(arms extended out either side, wrist flexed w/fingertips pointing straight up,p/o
turn torso R-Cntr-L-Cntr-R-Cntr-L-Center)

Their mana still is here
hela R-L-R-L

(L-extended,p/u, Rt touch L & arch across high Rt)

Colored rainbows stretch across the sky
back V-R facing right

(2 hds hi-R, waterfall dn to low L,w/two waves)(Push up Mt w/2hds on R)(L@hip, R across face,p/o)

Waterfalls so high,
facing R, V-L imua

Mountains make you cry
Pivot on L & V-R imua facing L & step bk L-4 counts

(2 hds out,p/d, and cross for love) (2 hds out to either side,p/d,sweep down, cross & up & out)

You will love these Islands Nothing in the world can compare.
V-R & V-L (*O kēia ke aloha*) Hela R-L-R-L (*O kēia ke aloha*)

(2 hds cntr & spread, R-hi, L-dn,p/d)

If you touch the spirit
V-R imua

(L-hd @ L toe, R-hi,then L cross hi p/o then p/i)
(O kēia ke aloha)
Hela L & R

(L@ hip, R@ touch Rt shldr & out from p/u, reverse but leave R-hd out)

Then the gift of love will lead you here (O kēia ke aloha)
Bk V-R & Bk V-L

(2 hds either side and cross for love)(2 hds roll @ chest L & R) (L@heart, R-mouth out,p/u)(reverse)

This is aloha.
V-R & V-L

This is aloha.
V-R & V-L

This is aloha.
V-R & V-L

(L-hd high, R-open p/u) (reverse)

This land of Hawai'i.
K-R K-L

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Ending (2 hds @ eye,p/i & down,p/o then 2 hds “island”)

Have you seen these Islands
Step right 1X then back on Left

L@ heart, R-open from heart to front, then turn plm dn on last 2 counts “ua pau”
Point Rt toe

(Mahalo nui loa to Danny Couch for the use of his recording from his CD “Almost Paradise” in this teaching video.)

Explanation of my annotation for the dance:

You will see that I place the gestures above the text, the footwork below the text and underline the portion of the text involved.

Symbols Used Include:

- * R= right, L-left, sometimes Rt. is used for right Lft for left.
- * Plms=palms, dn=down so you might see p/u meaning palm up, or p/d meaning palm down, p/i meaning palm in, or p/o meaning palm out.
- * I use w/ to mean with something.
- * When the hands are high, I often abbreviate to “hi”. For clockwise, I abbreviate as CW, counter clock wise as CCW.
- * I use the symbol “V” for vamp or kāholo because the symbol “K” is needed for the Kalākaua. Most other steps I spell out entirely.
- * Bk=back
- * imua=forward
- * ihope=backward

Costuming:

Almost any graceful gown or costume would be suitable for this very modern composition. My preference, however, is to use a costume that accentuates the drama inherent in the musical arrangement. Let the costume suggest the tropical theme of this lovely song which celebrates the incomparable beauty of Hawai’i’s vivid colors in, perhaps, a one shouldered gown. Or something in a bright colored satin with a train. It might be a strapless creation, or with narrow spaghetti straps.

A Tahitian style long pareo, open on one side to the hip, bra top and long strands of small shells at the neck is another approach to costuming for drama.

Enhance the costume with tropical flowers: floral exotic flowers such as Bird of Paradise or Orchids would be most dramatic. I have used the Cannas Lily with great dramatic effect (see our web picture of “Nana Hanalei”). While we who are living here in Hawai’i are fortunate enough to be able to get lacy native ferns, other ferns that grow well as house plants, or ones that can be purchased at floral shops, will add a touch of natural beauty to some of the beautiful silk

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exotics that are being created today. I have used the artificial Anthurum with fern very dramatically, and it is indistinguishable from the real thing. The silk Bird of Paradise is also incredibly realistic, especially with a little live fern to add movement to the hairpiece.

Background:

This song was written especially for the occasion when Hawai'i was hosting the Miss American Contest. The vivid word pictures in this song strike a responsive chord in the hearts of any one who has ever fallen in love with "These Islands".

Thoughts for the Teacher:

I have taught this number successfully to beginning dancers in spite of the complexity of some of the footwork sequences. The fact that this song is in the English language makes it less formidable for inexperienced dancers. Another reason seems to be the emotional connection that the student makes with the spirit of the text; it is natural that any student of the hula would already feel a special affinity for the Islands. This song touches on many of the images that connect us to this beautiful land, or make one yearn to visit the Islands if they have not yet had the privilege of doing so

I recommend teaching the difficult sequences first, before teaching the body of the verse. Because the text of this song makes references to Hawai'i's cultural history, I have incorporated some classic *kahiko* class hula footwork. These sequences may not be familiar to all dancers, therefore perfecting these combinations before learning the verse is very helpful to the student.

The drama inherent in this number makes a wonderful vehicle for an expressive soloist. It is also very effective as a group presentation. To achieve success with the inexperienced dancer, the teacher must take the time to teach the basic footwork in this routine before beginning the teaching of the dance. That accomplished, it is possible to teach this number as a lone hula for the person who wants to learn one hula to be able to dance "back home". I have done so successfully.

Recordings:

CD "Almost Paradise" by Danny Couch. Copies of "Almost Paradise" can be purchased from us here at RealHula.com or from Danny's web site at: <http://www.dannycouch.com>

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Chords

- C Am
Have you seen these Islands Have you seen the beauty of this land
C Am
Do you know it's people Brothers, sisters walking hand in hand
F Dm
Have you seen the ocean Miles and miles of crystal deep blue sea
C Am
Can you smell the flowers Fill the air with fragrances for free
- F Dm Em Am Dm G
This is alo - ha This is alo - ha This is alo - ha
F C
This land of Hawa - i'i.
2. C Am
Have you felt the power Mountain craters throwing lava in the air
C Am
Or its green - swept beauty Of each is - land, blossoms every - where
F Dm
Have you felt its spirit Ancient gods, their mana still is here.
C Am
You will love these Islands Nothing in the world can compare.
F Dm Em Am Dm G F C
This is alo - ha This is alo - ha This is alo - ha This land of Hawa - i'i
- INTERLUDE: F - E, - D, - G
3. C Am
Have you felt the power Mountain craters throwing lava in the air
C Am
Or its green - swept beauty Of each is - land, blossoms every - where
F Dm
Have you felt its spirit Ancient gods, their mana still is here.
F Dm Bb G
Colored rainbows stretch across the sky Waterfalls so high, mountains make you
cry
C (O kēia ke aloha) Am (O kēia
ke aloha)
You will love these Islands Nothing in the world can compare
C (O kēia ke aloha) Am (O kēia ke
aloha)
If you touch the spirit Then the gift of love will lead you here
F Em Dm G
This is alo - ha This is alo - ha This is alo - ha
F C
This land of Hawa - i'i. Have you seen these Islands

Note: The music on the CD starts in Gb, modulating to G on the 3rd chord of the Interlude. Good luck with that.

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Notes on Basic Chords

We present 'Ukulele Chords in the key of **C**. This may not always be the best key for singing, or the key of the teaching music. The key of **C** is the simplest single key for guitar, 'ukulele, and piano, so we use it.

The selection of chords may also not be identical to the music used. These are Basic Chords. There are always more sophisticated ways to chord a song. These are our interpretation of the necessary chords.

Since a chord change normally takes place on a syllable, we write the first letter of the chord over the first letter of the syllable. Modern auto-formatting sometimes makes that placement inexact, but that is the intention. Chord changes that take place before the next line starts are shown to the right of the previous line. Vamps are a common example of chord changes before the next line starts.

We usually note the actual key of the music used for the teaching. That is to help you transpose the song to the key used by the artist, if you would like to play with the recording. Please note that some recordings are not exactly on pitch.

Below is a representation of what is called the "Circle of Chords." If you play a guitar or 'ukulele, each step is one fret. It is used as follows.

Say you find that you want to sing the number in the key of **F**. We have presented it in the key of **C**. Look at the chart below. **C** is the first note. Then we have **C#, D, D#, E, and F**.

The note called **F** is 5 steps (or frets) above the note called **C**. The entire key of **F** is therefore 5 steps above the entire key of **C**. That means that for each chord listed in the key of **C**, the corresponding chord in the key of **F** is also 5 steps higher.

A **D** in the key of **C** becomes a **G** in the key of **F**, 5 steps higher. A **D7** would become a **G7**, a **Dm** would be a **Gm**. A **G** in the key of **C** becomes a **C** in the key of **F**, counting the same 5 steps into the next octave. The chart actually loops back to the beginning, with the final **B** connecting the first **C**. That is why it is called a circle, The Circle of Chords.

Changing keys is called Transposing, and counting is all there is to it. Take the key of **C** and count the steps to the desired key. The key of **F** would be +5. The key of **B** would be +11 or -1, going backwards from the right. Read the listed chord and count the same number of steps to find the transposed chord. Write that one next to our chord and do the whole song that way.

1	2	3	4	5	6	7	8	9	10	11	→	12	13
C	C#	D	D#	E	F	F#	G	G#	A	A#	B	→	C C# etc.

The numbers above indicate "Steps above C," nothing more.