

# Hawaii Calls

**COPPER** **KNOB**  
STEPSHEETS

拍数: 0                      墙数: 2                      级数: Improver  
编舞者: Marlene Rutherford (USA)  
音乐: One Paddle, Two Paddle - Hawaii Calls Orchestra



Sequence: AB, AB (no Aloha), AA, dropping Canoeing the 2nd time, End with Aloha  
ALOHA! The dance calls for hula-styling with slightly flexed knees. Use your hips

## SECTION A

**AROUND THE WORLD: PADDLE, TURN, REPEAT 3 TIMES. DO HIP ROLLS TO RIGHT, THEN LEFT, AS YOU TURN**

1-2                      Right toe forward push into (hips right), left swivel step ¼ turn to left with weight (hips left)  
3-8                      Repeat counts 1-2 three times completing full turn turn.

**Optional: hands on hips assisting hip rolls. Prep for hand rolls at waist in next set**

**SWAY HIPS: DOWN, DOWN, UP, UP, OUT, OUT, IN, IN, DO SOFT HIP MOVEMENTS**

1-2                      Right step in place bending knee down. Left step in place bending knees down  
3-4                      Right step in place /straighten knee slightly, left step in place/fully straighten knees  
5-6                      Right small sway/step to right side, left small sway/step to left side  
7-8                      Right sway/step to center, left sway/step together

**Optional: hands rolling (no fists!) At waist level (above belly button!), close to body, let shoulders shift naturally. Prep for arms to right side in next set**

**HULA CHASSES: SIDE, TOGETHER, SIDE, TOUCH. REPEAT. DO SOFT HIP ROLLS**

1-2                      Right heel angled to left/right toe step to side, swinging left heel to left and swiveling right foot to right push off with left slide/step together to right (right & left feet together, angled left, weight left)  
3-4                      Repeat count 1 ending with a left toe touch next to right instep on ct 4, facing LOD (weight right)  
5-8                      Repeat to left counts 1-4

**Optional: hands and arms flexing out-in-out-in, at waist level, side right for counts 1-4, side left out-in-out-in for counts 5-8. Prep for arms over head in next set.**

**HAWAIIAN GREETING: RIGHT, DROP, LEFT, DROP, REPEAT**

1-4                      Right sway/step to side, lift up left hip/left toe pushes up, drop weight to left, lift up right hip/right toe pushes up  
5-8                      Repeat counts 1-4

**Optional: arms above head, shoulder width apart, with palms turned inward, wave from left to right on 1-2, then right to left on 3-4. Repeat for 5-8. Prepare for netting by extending right arm forward and to the left and left arm back in next set**

**HAULING NETS: BACK, LOCK, BACK, HOLD. REPEAT. BODY FACES LOD**

1-2                      Right step back diagonal right (body slightly facing left), left drag/step across right  
3-4                      Right step back diagonal right, hold  
5-8                      Repeat to left counts 33-36 . (4th time thru start Aloha here.)

**Optional: stretch forward with right hand/left hand back (both softly fisted) on left side, draw in to left side as in "left over right, hand over hand" pulling a rope. Repeat. Prepare for canoeing with fists together at left hip in next set**

**CANOEING: FORWARD, LOCK, FORWARD, HOLD. REPEAT. BODY FACES LOD**

1-4                      Right step diagonal forward, left lock behind, right step diagonal forward, hold  
5-8                      Repeat to left counts 41-44. (3rd time thru restart with around the world.)

**Optional: right & left hand and arm movements. Fists together and gripped, right above left. Extend outward and upward to the right, starting paddle stroke for counts 1-2. Then, draw back crossing to right hip on counts**

**3-4. Reversing, to left for counts 5-8. Prepare for hand rolls at waist in next set**

## **SECTION B**

**SWIVEL & HULA: TOE (FORWARD), SWIVEL (½), HULA RIGHT-LEFT-RIGHT, OUT, OUT, IN, IN**

1-2-3&4 Right toe step forward, swivel turn ½ to left with weight forward on left, right-left-right in place. (think pivot turn with hips added for cts 1-2, cha-cha-cha with hips for cts 3 & 4)

5-6-7-8 Left small sway/step to left side, right small sway/step to right side, left sway/step to center, right small sway/step together

**Optional: hands rolling (no fists!) Waist level (above the belly button!), close to body, let shoulders shift naturally. Prepare hands for "fish" in next set**

## **SWIVEL & HULA**

1-8 Reversing footwork repeat previous 8 counts

**HIPS & FISH: SIDE, SLIDE, LIFT, RELEASE, SIDE, SLIDE, LIFT, RELEASE**

1-4 Right step to side, slide left toe to right instep/pushing right hip to right, keeping weight right/raise left hip pushing up with left toe, release hip and step down on left. (think "Rumba Maria" hips.)

5-8 Left step to side, slide right toe to left instep/pushing left hip to left, keeping weight left/raise right hip pushing up with right toe, release hip and step down on right

**Optional: on counts 1-8 use a fish swimming motion with palms together, fingers forward (no sharks, thumbs flat), move hands at waist level with a side to side rocking motion. Let the shoulders move naturally**

**HIPS & FISH: ½, SLIDE, LIFT, RELEASE, SIDE, SLIDE, LIFT, RELEASE. DO USE HIPS**

1-4 Right step ½ turn to right, left toe drag up to right instep/pushing right hip to right, keeping weight right/raise left hip pushing up with left toe, release hip and step down on left

5-8 Repeat counts 1-4

**Optional: on counts 1-8 use a fish swimming motion with palms together, fingers forward (no sharks, thumbs flat!), move hands forward from waist with a side to side rocking motion. Let the shoulders move naturally. Prepare for hands on hips for next set.**

## **THE ALOHA**

This is where the tempo changes and the words tell you when to move. You already know it, as it is a restart of the first 12 counts of Section A, and then 4 counts of Hawaiian greeting, but slowly and smoothly, please.

**"1 PADDLE"**

1-4 Right large sway/step forward, pivot ¼ left with weight on left (think flexed knees, use them!)

**Optional: hands on hips assisting hip rolls**

**"2. PADDLE"**

1-4 Repeat paddle turn

**"3. PADDLE"**

1-4 Repeat paddle turn

## **PAUSE**

1-4 Repeat paddle turn (dance thru pause "count"), completing full turn turn by word "4"

**"FOUR, TO, TAKE, ME"**

1-4 Right step in place bending knee down, left step in place bending knees down, right step in place/straighten knee slightly, left step in place/fully straighten knees

**Arms up here. (description same as Hawaiian greeting.)**

**"HOOOO"**

1-4 Right sway/step to side, lift up left hip/left toe pushes up. Drop weight to left, lift up right hip/right toe pushes up

**"OME" (POSE)**

5 **LADY:** Crossed arms, left over right at shoulders, with palms flat, and head bowed

**MAN:** Fold arms in "strongman" pose, chest height, hands on biceps, with chin lifted.

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