

# Hedi's Hawaiian Dance

**COPPER** KNOB  
STEPSHEETS

拍數: 40      牆數: 4      級數: High Beginner - Hawaiian Style  
編舞者: Gisela Fischer - January 2018  
音樂: "Henehene Kou'Aka" by Israel Kamakawiwo'ole



Info: Hawaiian Hula dances are performed with bent knees and with significant swinging of the hips.  
The dancers make arm movements which tell a story.  
The faces always follow the arms and hands.

Dedicated to Hedi Feusi, 60th Birthday and 7 years modern Line Dance – mi pasión!  
[www.modern-linedance.ch](http://www.modern-linedance.ch)

Intro: 36 counts

## [1 – 8] SIDE, TOGETHER, SIDE, TOUCH, SIDE, TOGETHER, SIDE TOUCH

1, 2, 3, 4      Step RF to right side, step LF next to RF, step RF to right side, touch LF next to RF  
5, 6, 7, 8      Step LF to left side, step RF next to LF, step LF to left side, touch RF next to LF

The arms are positioned first to the right (see picture above) and then to the left, they make wave form hand movements.

Meaning: We are by the sea, it has waves.

## [9 – 16] ROCK FWRD, RECOVER, TOGETHER, TOUCH, ROCK FWRD, RECOVER, TOGETHER, TOUCH

1, 2, 3, 4      Rock forward on RF, recover on LF, step RF next to LF, touch LF next to RF  
5, 6, 7, 8      Rock forward on LF, recover on RF, step LF next to RF, touch RF next to LF

~1-4 and 5-8: Stretch arms out in front, hands flat pointing upwards. When the arms are pulled back the hands form fists.

Meaning: Fish, come to us!

## [17 – 24] STEP ¼ TURN L, STEP ¼ TURN L, STEP ¼ TURN L, STEP ¼ TURN L

1, 2, 3, 4      Step forward on RF, turn ¼ left with weight on LF (9:00) Step forward on RF, turn ¼ left with weight on LF (6:00)  
5, 6, 7, 8      Step forward on RF, turn ¼ left with weight on LF (3:00) Step forward on RF, turn ¼ left with weight on LF (12:00)

Left hand on the hip and right hand in a curve form over the eyes.

Meaning: Where are the fish?

## [25 – 32] SIDE, HEEL LIFT, HEEL DOWN, HITCH, SIDE WITH CLAP, HEEL LIFT, HEEL DOWN, HITCH, TOUCH WITH CLAP

&1, 2, 3, 4      Small step RF to right side, lift LF heel up, place LF heel down, lift left knee up, step LF to left side & clap  
5, 6, 7, 8      Lift RF heel up, place RF heel down, lift right knee up, touch RF next to LF & clap

Knees bent, hands on hips

Meaning: See, the fish are there!

## [33 – 40] SIDE, TOUCH, SIDE, TOUCH, SIDE, TOUCH, ¼ TURN L WITH SIDE, TOUCH

1, 2, 3, 4      Step RF to right side, touch LF next to RF, step LF to left side, touch RF next to LF  
5, 6, 7, 8      Step RF to right side, touch LF next to RF, make ¼ turn left & step LF to left side, touch RF next to LF

~1-2, 5-6: Arms first to the right outstretched with hands flat pointing downwards. When the arms are pulled back the hands form fists.

~3-4, 7-8: The same to the left.

Meaning: We are pulling in the full nets.

Henehene Kou 'Aka

Your laughter is so contagious, it's fun to be with you, always a good time for you and I.

The streetcar wheels turn vibrating your body.  
To Kaka'ako we go eating beef stew.  
To Waikiki we go swimming in the sea.  
To Kapahulu we go eating seaweed ...

Kopf hoch und – lächeln! - Head Up And – Smile!

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