

steps
Kaholo +
Helma + Ka'o

①



4 x Kaholo
left to right

Halema'umai'u

3 types = Kaholo
Helma
Ka'o

left
side start

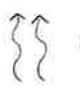


4 x Kaholo

4 x Kaholo



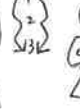
4 x Helma



right

left

4 x Kaholo



4 x Ka'o

Repeat once
more

↙ = palm's
down
↘ = palm's
up

Luna = Up

Lalo = Down

Hema = Left

'Akau = Right

steps
Kaholo only

②



2 x Kaholo

Right
side start



4 x Kaholo



4 x Kaholo



Right arm
opens to
right back

right
arm comes
back to
centre

right arms
freezes, left
arm open
to left
back

left arms
comes back
to centre

Repeat once
more

steps
Kaholo + Ka'o

③



2 x Kaholo



hands at
eye level

left

right

Right
side start



right

left

4 x Kaholo



left to right



right to left

Kaholo

Repeat once
more



left side



Right side

Kaholo



Whipping window

from left to right to left to right to left

Ka'o

SAY
Onaona

4



2 X Kaholo

SAY
Ha'ina



hands at
mouth
level



Facing right side

Kaholo

Facing left side



left to
right

||

hands
up

right
to
left

||



Kaholo



repeat
①

Kaholo

Kaholo

Helma



2 Kaholo

ENDING

