

Mele Ho'ala Moku

by Mark Mancina & Keali'i Reichel

3:15

computerredo 9/9/15

<<much like Mark Ho'omalu's ...Lanakila [Train to us] 4:42>>

7 verses: 1 repeated 2X, another 4X

8 choruses (3 with extra parts)

DtD = Down the Drain

Start in DEEP END, facing deep end, toes @ wall

Start on backs like Bali Ha'i & Drummers

Move with all parts

INTRO

Bend both knees: pull-up & twist to R; straighten

Bend both knees: pull-up & twist to L; straighten

Bend both knees: pull-up & twist to R; straighten

Bend both knees: pull-up & twist to L; straighten

C-1

Stag R leg, kick

Stag L leg, kick

V-1 0:15 ... 'o 'Ewa ... 'o Kona

4 Ballet Legs #1

C-2

Stag R leg, kick

Stag L leg, kick

V-2 0:31 ... 'o Ko'olaupoko ... 'o Ko'olauloa

4 Ballet Legs #2

C-3

Stag R leg, kick

Stag L leg, kick

Stag R leg, KICK

Stag L leg, KICK

V-3 0:51 ... 'o 'Ewa ... 'o Kona

4 Ballet Legs #3

C-4

Stag R leg, kick

Stag L leg, kick

V-4 1:06 ... 'o Ko'olaupoko ... 'o Ko'olauloa

4 Ballet Legs #4

C-5

Stag R leg, kick

Stag L leg, kick

Mele = chant, song, poem;

E ala ē = awaken, arise

Ho'ala = wake up

Moku = district on island

This mele is about the 6 MOKU of 'Oahu

'Ewa of whispering fish

Kona of famous surf of Kalehuawehe, South Shore

Ko'olaupoko in the calm of Mololani of Mōkapu

Ko'olauloa of water fetching wind

Wai'alua of sacred chiefly birthing stones

Wai'anae in the shelter of coconut trees

>>>>> After C5

1:22 MUSIC – 20 seconds 4,4,4

3 R Marlines, back strokes R & L

1 L Marlin, back strokes L & R

Heading back to Deep End

V-5 1: 42 ... 'o Ko'olaupoko ... 'o Ko'olauloa

4 Ballet Legs #5

C-6

Stag R leg, kick

Stag L leg, kick

Stag R leg, KICK

Stag L leg, KICK

V-6 2: 03 ... 'o Wai'alua ... 'o Wai'anae

4 Ballet Legs #6

C-7

Stag R leg, kick

Stag L leg, kick

V-7 2: 20 ... 'o Ko'olaupoko ... 'o Ko'olauloa

4 Ballet Legs #7 → total 28 BL

C-8

Stag R leg, kick

Stag L leg, kick

Stag R leg, KICK

Stag L leg, KICK

5th Stag R leg, kick

2:42 MUSIC – 30 seconds ~ like INTRO

1-5 R side strokes into **CIRCLE: reach, head up**

6-8 **GRAB HANDS**, straight elbows

lean to Right, flutter kick circle around

9-10 feet to center of **WHEEL** w/straight T arms

11 **CLOSE** arms → **DtD**