Polynesian Dance Basics

Hawaii: Hula Dance Basics



The basic movements of Hula are explained below:

Kaholo: The most often used Hula basic step is called the Kaholo. Sometimes it is referred to as 'Vamp.' A Kaholo is a sliding step, rather than lifting the foot as you move, whether side to side, front to back, or diagonally. The basic movement is simple: step together; step touch; and repeat.

Hela: In ready position, knees are bent and feet are together. Point the right foot forward, bring it back, then point the left foot forward, and bring it back. Hela can be done in 2 or 4 counts.

Ka'o: Sway hips by shifting weight to the right side and lifting left heel. Then shift weight to the left side and lift the right heel. Sways are usually done in 2 or 4 counts.

'Ami: Rotate hips in a circular motion, clockwise or counterclockwise. Bent knees make the 'Ami easier.

Tahiti: Ori Dance Basics

Ori is 'the Dance of Tahiti' and the basic movements of Ori are explained below:

Ta'iri Tamau: This is also called 'Otamu.' It is a basic side-to-side hip sway.



Tumami: This is also called 'Ami.' Rotate hips in a circular motion, clockwise or counterclockwise.