

Ola Hou I ka Hula

Warm-up Movement & Stretches

Commands:

- E ho'omakaukau (*Get ready*)
- * E ho'omaka (*Begin*)
- E huli hope (*Reverse*)
- E huli (*Turn*)

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|-----|--------------------------------|----------------------------------|--|
| 1. | * TOE CIRCLES | <i>E huli hope</i> | [10 count inward, 10 count outward] |
| 2. | TOE STRETCHES | iluna – Ilalo | [4 count] |
| 3. | HEAD (po'o) | iluna – Ilalo | [4 count R 2x, L 2x] |
| 4. | HAND CIRCLES | <i>E huli hope</i> | [10 count R & 10 count L] |
| 5. | FIGURE 8's | | [10 count 2x] |
| 6. | WORMIES | | |
| 7. | * ARM CIRCLES | SMALL: forward & back [10 count] | <i>E huli hope</i> |
| | * ARM CIRCLES | Big: forward & back | [5 count] <i>E huli hope</i> |
| 8. | LEG STRETCHES: | CF, together, 4 sets | [5 count] |
| 9. | LEG STRETCHES: | R, 4 sets | [5 count] |
| 10. | LEG STRETCHES: | L, 4 sets | [5 count] |
| 11. | * PULELEHUA (Butterfly) | Feet together, 4 sets | [5 count] |
| 12. | *ARMS DOWN AT SIDES | 4 sets | 4 count [<i>pick a point on back wall</i>] |
| 13. | SIDE TO SIDE (Rainbows) | 4 sets | 4 count |
| 14. | ELBOWS, close fists | 4 sets | 4 count [<i>pick a point on back wall</i>] |
| 15. | KNEES, fingers pointed in | 4 sets | 4 count |
| 16. | *OVER & UNDER | 4 sets | 4 count |
| 17. | *SQUATS, close fists | 4 sets | 4 count |
| 18. | ILALO – (hold & smile) – ILUNA | 2 – 4 times | |