

Exercise & Healthy Living

Exercise ideas and health and wellness programs.

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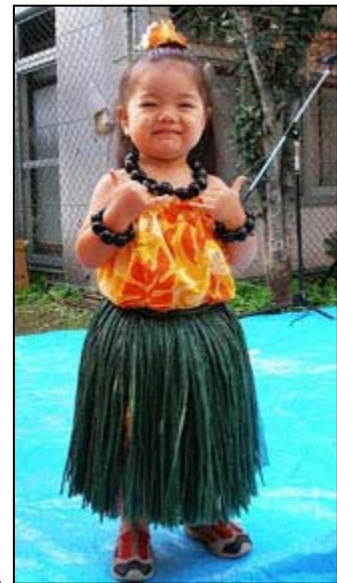
Hula for Health

~ the "Hukilau Song" Dance

Hula is a choreographed dance where the gestures match the content of the song. The well-known "Hukilau Song" dance is a good example. It's a great way to get some exercise. The song and the dance are well known, but if you don't recall it, below are the simple instructions.

Props, Preparations, & Tips:

- Download two different versions of the song, one with words and an instrumental version. (See our [Music Matters](#) page if you are not sure how to download music.)
 - "Hukilau Song" - vocal version 🎵
 - "Hukilau Song" - instrumental version 🎵
- Print copies of the [LYRICS](#) to the song to pass out to the group.
- Print a copy of the [ROUTINE](#) for the leader.
- Make a list of other possible movements to the song.
- If you are not sure how the "Hukilau Song" dance goes, watch the following [YouTube video](#).
- If you have them, bring in some grass skirts and leis for everyone to wear while doing the dance.



NOTE: As with all exercise activities, ensure that healthcare professionals have cleared the members of your group to participate.

How the Activity Goes

Step #1: Begin by sharing a little history of the "Hukilau Song" and define some of the words used in the song.

This song was composed by Jack Owens in 1948. He wrote it after spending the day helping to pull in nets of fish at Hukilau Beach, which was a common tourist attraction at the time. The "Hukilau Song" was first played by Jack at a Methodist luau in Honolulu, and within a couple of days, it became the talk of the town. Alfred Apaka, and, later Bing Crosby helped to popularize the song. Some of the words used in the song include:

- Hukilau (hoo kee lau') - This is an old Hawaiian way of fishing, involving casting a long net from the shore, then enlisting a large group to help pull the net to shore.
- Laulau (lau lau') - An authentic Hawaiian entree made with chunks of pork, chicken, fish (salt salmon or butterfish) and/or vegetables, wrapped in leaves.
- Kaukau (kau kau') - Although not a true Hawaiian word, in the song it means "food."
- Luau (loo au') - Everyone knows this Hawaiian feast or party with lots of food. (**Note:** *In the vocal version of the song used in this activity, "the big luau" is changed to "the hukilau."*)
- Ama ama (ah' mah ah' mah) - mullet, a very choice indigenous fish.
- Laie (LAH ee' eh) Bay - On the Hawaiian island of Oahu.



Step #2: Pass out copies of the [LYRICS](#), put on the music, and sing along to the song. This will get everyone in the mood.

Oh, we're going to a hukilau
 Huki, huki, huki, huki, hukilau
 Everybody loves a hukilau
 Where the laulau is the kaukau at the hukilau (or at the big luau)
 We'll throw our nets out into the sea
 And all the ama ama come a-swimming to me
 Oh, we're going to a hukilau
 Huki, huki, huki, huki, hukilau

What a wonderful day for fishing
 In the old Hawaiian way
 All the hukilau nets are swishing
 Down in old Laie Bay

(Repeat first stanza two more times.)

Step #3: Do the "Hukilau Song" dance with the [ROUTINE](#) below:

Step #4: Play the instrumental version of the song and make up your own moves.

Hukilau Routine

Sway from side to side while doing the following hand motions:

Note: *The hand motions can be done from a seated position.*

Oh, we're going	1. Gesture over your shoulder with your thumb twice in time with the music.
to a hukilau	2. Using hands and arms out to the right side, make motions at approximately hip level as though pulling in a fishing net.
Huki, huki, huki, huki, hukilau	3. Repeat the pulling twice to the left side, and then do it twice to the right side.
Everybody	4. Extend arms out to audience in sweeping motion.
loves	5. Cross arms over chest.
a hukilau	6. Pull the net.
Where the laulau	7. Cup hands upward out in front.
is the kaukau	8. Bring fingers of one hand up to mouth as if eating.
at the hukilau	9. Pull the net.
We'll throw our nets	10. Raise both arms high over your head and throw the net out.
out into the sea	11. Make wave motions with hands.
And all the ama ama come a-swimming	12. Place right hand over left, palms down. Wiggle thumbs and wave hands up and down like swimming fish.
to me	13. Point hands to yourself.
Oh, we're going	14. Gesture over your shoulder with your thumb twice in time with the music.
to a hukilau	15. Pull the net.
Huki, huki, huki, huki, hukilau	16. Repeat the pulling twice to the left side, and then do it twice to the right side.
What a wonderful day	Make an arc with arms over your head.
for fishing	Raise right arm as if to throw fishing rod.
In the old Hawaiian way	Wave arms up and down in a hula motion.
All the hukilau nets are swishing	Dangle arms down in front and "swish" back and forth.

Down in old Laie Bay

Bring hands together out in front to make a circle, representing a bay.

Repeat # 1-16 two more times until music ends.

Pau (the end) - This is used to mark the end of all hula dances. Point right foot forward, extending arms forward over toes, hands together. Bow head, bend forward from the waist.

Additional Activities & Resources

- Play the instrumental version of the song above and make up your own moves.
- If you have someone who reads music and can play the piano, here is the [Sheet Music](#) for the "Hukilau Song."
- This is not the only hula dance you can do. [Learn the Art of Hula Online](#) and the [Basic Motions of the Hula Dance](#).
- Pick up a copy of [How to Hula](#). It contains easy instructions, history of the hula, photos, and more.



More Exercise

See our [Bridging the Gap](#) page for some "Colonial Days Games," which can provide some fun exercises this month.

Also, see [Games People Play](#) and play Ulumaika, a Hawaiian game similar to bowling.
