

## Our Island Home

Choreography: Gale Hingston, 2019

Music: Aloha Oe

### **Kaholo, the Basic Hula Step, is used throughout dance:**

Kaholo Right: Step R to R, close L to R, step R to R, close L to R (no weight)

Kaholo Left: Step L to L, close R to L, step L to L, close R to L (no weight)

Starting with feet slightly apart, both knees slightly bent, hips sway toward the foot taking weight

Arm position - Touch your own fingertips, palms down, at heart level and raise elbows slightly below shoulders. During Kaholo Right, R arm is extended straight to the R. During Kaholo Left, L arm is extended to the L. The other arm stays in the bent position, not crossing the centre of your body.

Throughout there is a graceful undulation of wrists through to fingers.

- clear demonstration and instructions of Kaholo at:

<https://www.youtube.com/watch?v=TqP4EGq0m80>

**Solo dancers in a circle or lines, separated about 2 meters, Hawaiian style.**

**4/4 rhythm - one step per beat**

### **Introduction:**

24 beat introduction in 3 phrases

Standing with arms at sides, with start of phrase 3, take four beats to position arms for a right Kaholo, and hold position for final four beats of the introduction

### **Dance begins with the Chorus**

#### **Chorus**

1 2 3 4 Kaholo Right (abbreviation KR)

1 2 3 4 Kaholo Left (abbreviation KL)

1 2 3 4 Kaholo Right

1 2 3 4 Kaholo Left

KR 1 2 3 4 **The Earth and the island or garden** - Drop arms to sides and complete a large circle bringing hands together in front of you at mid-chest height. This is the Earth. As hands come together form a small circle. At top of circle thumbs touch, and at bottom are all fingers. This small circle in your island or your garden.

KL 1 2 3 4 **is our home** - with the hands forming the small circle, in a fluid motion draw your arms close to your chest, rotate wrists up (fingers are now above thumbs), then extend arms forward

KR 1 2 3 4 **that we love** - cross own arms; hands to your opposite biceps as in a hug

KL 1 2 3 4 **and share** - palms up, open arms wide to sides at waist height.

### **Repeat Chorus in entirety**

#### **Verse 1 - Creation of Earth**

KR 1 2 3 4, KL 1 2 3 4 **The sky and the sun and stars** - in a fluid motion, from your sides, relatively straight arms make an inward vertical circle, pausing when skyward, then continuing the circle returning arms to sides. Note: At the beginning arms will cross below waist; at head height wrists will be crossed; when overhead arms are wide open embracing the sky. Smile heavenward. Continue circular motion lowering arms to sides.

KR 1 2 3 4, KL 1 2 3 4 **Rain that falls (alternatively Stardust that created the planet)** - suggest rain by raising arms overhead, slightly to the right, and wiggle fingers while lowering arms to waist level. Hands should be offset with the left hand (which will be the "inside" hand) slightly lower than the right... revealing your face.

KR 1 2 3 4 **Mountains forming** - slightly to your left, bring palms together to make a peak. Raise this peak (still leftish) above your head.

KL 1 2 3 4 **and streams that flow** - keep left arm raised, lower right along diagonal mountain slope while waving fingers in impression of flowing water. This motion flows directly into the Kaholo right

KR 1 2 3 4 **to the sea** undulate wrists and hands are like waves

KL 1 2 3 4

**Verse 2 - Earth and Plants** (throughout this verse forearms extend forward parallel to the ground)

KR 1 2 3 4, KL 1 2 3 4 **The rich earth** - near waist level, with palms down, horizontally bring hands and forearms together and apart as though levelling soil. End with hands apart.

KR 1 2 3 4 **Plants that grow** - little inward circular motion with hands. Keeping fingers and thumb straight, close them (so that each hand becomes a symbolic seed or bulb). Continue the circular motion, and lower the "seeds" to be planted in the rich earth. Rotate "seeds" outward which points your fingers toward the sky. Raise to mid-chest level. This is to describe the growing plant.

KL 1 2 3 4 **and blossom** - only movement is the opening of all fingers. This is the opening of a flower blossom from a closed bud.

KR 1 2 3 4 **The trees that grow deep roots** - hold left forearm with palm down, horizontal across and at mid-chest height. This symbolizes the ground. Next to your chest, lower right hand well below earth's surface. These are the deep roots of the tree. Rotate hand so that closed straight fingers are face-up.

KL 1 2 3 4 Slowly raise right hand and forearm to suggest the growth of a straight tall tree. Continue until the right hand is in front of your face and right elbow is atop left wrist.

KR 1 2 3 4, KL 1 2 3 4 **and sway in the breeze** - sway right hand to left to right to left, ending to the right

**Verse 3 - Wind and Animals**

KR 1 2 3 4, KL 1 2 3 4 **The wind** - swirl right arm in a big circle crossing in front of your face to over and behind your head. Left arm stays unmoving in previous bent position. End right arm swirl with right hand close to left hand, both palms up, finger tips almost touching at heart level. Throughout these 2 measures music has distinct wind swirl sound.

KR 1 2 3 4, KL 1 2 3 4 **The birds in flight** - think of your arms as wings and imitate a bird flying. Lower, separate and then raise arms at sides, palms down. End with arms rising to flow into next measures...

KR 1 2 3 4, KL 1 2 3 4 **the animals** - To create pointed animal ears (such as those of Salt Spring Island's Black-tailed Deer), while keeping your first two fingers straight and touching, bend your thumbs and outer two fingers into your palms. Meanwhile, continue raising hands to place the ears on either side of your head. During KR, slightly bend body to the left and look left. During KL slightly bend body to right, and look right.

KR 1 2 3 4, KL 1 2 3 4 **the fishes that swim in the sea** - bring hands together straight in front, place right palm directly over-top of left, rotate your thumbs. While in the "fish" position undulate your hands through forearms to indicate swimming. This flows directly into the first KR of the Chorus.

**Repeat Chorus in entirety**

**Ending**

KR 1 2 3 4, KL 1 2 while holding arms outspread

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## Gale Hingston

April 5, 1950 - August 4, 2020

Inspired by the story-telling of Hawaiian dances, Gale choreographed this dance, "Our Island Home" relating to her beloved home Salt Spring Island, British Columbia. While specific to this verdant island with its tall Douglas Fir and Western Cedars, Bald Eagle and Ravens, Black-tailed Deer, and salmon and other fish in the surrounding waters, the symbolism within this dance can be interpreted more broadly to encompass the universe with planet Earth being the island home of us all.

The choice of music has appropriate meaning. In the mid-1800s among Salt Spring Island's first permanent settlers were the Kanaka, Hawaiians who chose to live in the Pacific Northwest after the expiration of their employment contracts with the Hudson's Bay Company. The quaint St Paul's Catholic Church located at the head of Fulford Harbour, Salt Spring Island, consecrated in 1885, was built by members of the island's Hawaiian community. In the church cemetery the graves of these Hawaiians are adorned with shell leis to this day.

With hindsight perhaps there is yet another significant meaning to this music to which Gale choreographed "Our Island Home".

Almost 150 years ago Aloha 'Oe was composed by Queen Lil'uokalani, then Princess of the Hawaiian Kingdom. The name of this song, Aloha 'Oe, translates from the Hawaiian language to "Farewell to Thee".

With aching hearts we say Farewell to Gale who shared her beautiful dance with her family and close friends of the Salt Spring dance community while suffering from an inoperable brain tumour. Gale again demonstrated "Our Island Home" with grace, smiles and so much love during our last dance together, just 13 days prior to her death.

May there be dancing in heaven!

*Gale Hingston*

April 5, 1950 - August 4, 2020

Nana of Ciara, Owen, Brenna, Isla and Emma; Mother of Lianna, Adrian and Melissa; Wife of Charles; Friend and role-model to us all.

Gale was a sweet, genuine, kind and caring person. She opened her arms and her heart to everyone she met, loving easily and openly. Her courage, strength and bravery were clearly evident and she had such beauty and grace. She was full of love and provided unconditional acceptance and support. She was quiet, patient, dedicated, conscientious and consistent. She was our rock.

Gale had a zest for life. She was playful and creative in so many ways. People around her took delight in every moment she shared. Her interests were diverse and she approached learning with focus. She was a graceful dancer and a talented artist. She was a free-spirited adventurer and a 'mountain goat' hiker, absorbing herself in the nature and experiences that surrounded her. Her work on our family home and garden made it so warm and welcoming. She created our 'Island Home'.

She left us too soon. Her beautiful soul and young spirit will live on. Her joyful laugh, her radiant smile, and her bright blue eyes will always be remembered.

She leaves a legacy of love, compassion and community. Thank you for your support, thoughts, prayers and care. Love, Charles, Lianna, Adrian, and Melissa Hingston.





x2

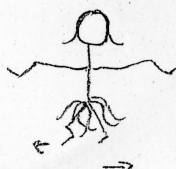
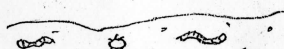
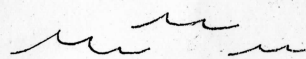
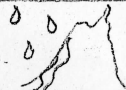


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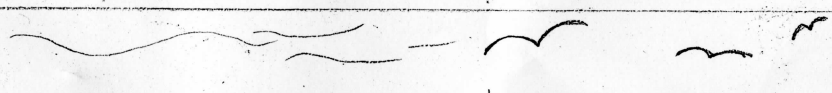
Our island home  
We love  
and share



The sun,  
stars  
Rain on  
the mountains  
flowing to  
the sea  
The rich  
earth



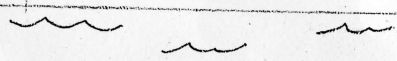
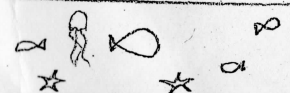
The seeds  
that bud  
And grow  
The wind  
and birds  
the animals



Our  
Island  
Home



The fish  
in the sea  
Our island  
home that  
we love  
and  
share



By Gale Hingston