Tempo 160 bpm

‘Anapau

He aha e ka hana ‘Anapau lā
Holo lio e ka hana, ‘Anapau lā

(tag)

‘Eaʻeā, ‘eaʻeā

He aha e ka hana ‘Anapau lā
Hoʻolewa e ka hana, ‘Anapau lā

I luna aʻe ‘oe, ‘Anapau lā
I luna loa aʻe, ‘Anapau lā

I lalo iho ‘oe, ‘Anapau lā
I lalo loa iho, ‘Anapau lā

He aha e ka lole, ‘Anapau lā
He silika e ka lole, ‘Anapau lā

Haʻina ko hana, ‘Anapau lā
‘Anapau i ka lewa, ‘Anapau lā

End

What does Frisky do?
Frisky goes horseback riding

What does Frisky do?
Frisky swings her hips

Reach up high, O Frisky!
Away up high, O Frisky

Reach down low, O Frisky!
Way down low, O Frisky

What does Frisky wear?
Frisky wears silks

Tell now of your deeds, Frisky
Frisky, you do it so well, O Frisky

“Perpetuation of life and of people was a sacred endeavor in old Hawai‘i, especially where the ali‘i were concerned, so the life-creating organs were named and honored with chants and hula.

‘Anapau’ (Frisky) was the name given to Lili‘uokalani’s ma‘i, and this song, usually subtitled ‘He Mele Ma‘i No Lili‘uokalani,’ was originally a hula chant, with the hula danced entirely in the ‘ai ‘iami style. That type of hula involves little foot movement, but the dancers’ hips revolve continuously throughout the dance.” (Hui 280). 1880s.