

## 2021 - 2022 CCDC Dances



### 1. 《小河弯弯》

《小河弯弯》是一支经典的傣族舞，“弯弯”既描述小河的蜿蜒曲折，又凸显舞者的曼妙身姿。流畅的旋律中充满欢快的节奏，展现出傣族姑娘们温婉又活泼的性格特点。

"The Winding Stream" is a classic Dai ethnic dance, in which the winding flow of a stream is reflected in the dancers' graceful postures. With a smooth melody and a cheerful rhythm, this dance displays the gentle yet lively personalities of girls of the Dai ethnic group.

*Difficulty: Beginner/Intermediate*

*Instructor: Jasmine*

<https://www.bilibili.com/video/BV1Ht411b7e1>

### 2. 《请茶》

《请茶》具有戏曲特点的音乐和欢快的舞蹈动作，展现了中国生动有趣的饮茶文化。独特的选曲和巧妙的编舞将品茶的各种姿态艺术化，使舞蹈具有中国舞独特的艺术美感。

"Welcoming Tea" has Chinese opera-like music and lively dance movements, painting a picture of the vivid tea culture in China. The unique music selection and clever choreography of this piece converts the act of tea-drinking into an art.

*Difficulty: Beginner*

*Instructor: Jasmine & Sophie*

<https://www.bilibili.com/video/BV1F54y1S7cZ>

### 3. 《风月》

《风月》是一支具有民国特色的舞蹈。中国传统服装旗袍和音乐、动作相辅相成，展现了东方女子柔美含蓄的独特风韵和曼妙身姿。

"Shanghai Nights" highlights characteristics of the era of the Republic of China. A traditional Chinese "qipao" dress combines with the music and movements of the dance to display the femininity and grace of oriental women.

*Difficulty: Beginner*

*Instructor: Jingyuan*

Version 1: <https://www.bilibili.com/video/BV1BN411R7TA>

Version 2: <https://www.bilibili.com/video/BV1rE411q7wR>

#### 4. 《花儿为什么这样红》

《花儿为什么这样红》是一支具有浓郁新疆特色的舞蹈。热情欢快的舞蹈编排展现了人们对生活的热爱和对爱情的向往

"Why Are the Flowers So Red?" is a dance characteristic of Xinjiang. The bold and energetic choreography reflects people's passion toward life and love.

*Difficulty: Intermediate*

*Instructor: Yuetong (& Sophie)*

<https://www.bilibili.com/video/BV1hJ411W7ib>

#### 5. 《塔林呼恒》

《塔林呼恒》是一支具有鲜明蒙古族特色的舞蹈，快板和慢板的完美结合，展现了游牧民族心胸开阔、热爱自然的人生态度和不畏艰险、勇敢豪迈的顽强性格。

"Talin Huheng" is a dazzling dance with distinctive Mongolian characteristics. It reflects the nomadic people's courageous, tenacious spirits.

*Difficulty: Intermediate/Advanced*

*Instructor: Nicky*

<https://www.bilibili.com/video/BV1as41197TR>

#### 7. 《万顷云天》

《万顷云天》是一支具有浓郁藏族特色的舞蹈，通过密集的鼓点和激烈的舞蹈编排体现了人们对大自然的敬畏、对神灵的膜拜以及对人生的思考，给观众带来强烈的视觉冲击和艺术震撼。

"Vastness of the Sky" is a dance with strong Tibetan influence. Through quick drum beats and intense choreography, the dance portrays people's awe towards nature, their worship of gods, and their pondering of life.

*Difficulty: Intermediate/Advanced*

*Instructor: Jaclyn*

<https://www.bilibili.com/video/BV1qZ4y1p7Uq>

#### 8. 《半个世纪的等待》

《半个世纪的等待》兼具中国古典舞和现代舞的美感，讲述了动荡年代丈夫为追寻理想生死未卜，妻子经过长达半个世纪的等待，等来的不是与丈夫相守余生，而是独自白头。深情的舞姿体现了人们对爱情的忠贞和对美好生活的渴望。

"The Wait of a Half Century" combines the beauty of Chinese traditional and contemporary styles, telling the story of a man who lives in uncertainty in order to pursue his ideals during a turbulent era. After a half century of waiting, his wife learns that she is fated to grow old alone, without the companionship of her husband. This emotional dance reflects people's loyalty to their loved ones and their desire for a better life.

*Difficulty: Intermediate/Advanced*

*Instructor: Tanya*

<https://www.bilibili.com/video/BV1Vv411q72q?from=search&seid=10949116416701869798>