

国际标准舞文化语汇

CULTURE TERMS FOR BALLROOM DANCING

(英汉对照)

C U L T U R E

T E R M S

F 梅雪 / 著 O By Mei Xue R

B A L L R O O M

D A N C I N G

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本书简介

Introduction

国际标准舞，简称“国标舞”。现代国标舞以舞姿庄重典雅、舞步严谨规范而著称。笔者精心选择了目前最具代表性、传播性，也是最为舞蹈爱好者和专业人士耳熟能详的十种国标舞，以中英文对照形式介绍国标舞及其文化渊源。这种尝试在国内尚属首创。

International style of Ballroom Dance, shortened for Ballroom Dance. It is famous for graceful postures and standard steps. The author of this book carefully selected 10 styles of Ballroom dance, which are the most representative, wide spread and welcomed and known by dance amateurs and professionals, and introduced in both English and Chinese languages. And this is the first try in China till now.

本书结构简洁，共分为三部分。第一部分包括第一章至第五章，分别介绍摩登舞的主要舞种，即狐步舞、华尔兹、快步舞、探戈、维也纳华尔兹；第二部分包括第六章至第十章，分别介绍拉丁舞，即伦巴、恰恰恰、桑巴、斗牛舞、牛仔舞。为使读者能更便捷、准确地了解每一种国标舞，本书采用了三段式结构。每一章开篇介绍相关舞种的起源、发展和现状等背景知识；其次，以表格形式介绍男、女双方的基本舞步，并配有大量插图；最后，每一小节后都有“练习”，帮助读者掌握本节要领，巩固所学舞步。第十一章，以舞蹈大师们的精彩讲习和亲身体验为主线，深入解析各个舞种，帮助读者进一步理解并把握每个舞种及其技巧的精髓。第三部分包括第十二章至第十五章，国标舞文化。该



部分内容十分丰富，实用价值颇高，系笔者结合多年来参加、主持国内和国际国标舞专业赛事及担任大师班大课、小课的翻译所积累的经验，辑、梳理大量资料后编写而成。内容不仅包括国标舞礼仪、音乐选择、服饰和舞鞋选取、舞者妆容设计、国际舞大师介绍、国标舞大赛秘籍攻略等，还附有国标舞专业词汇、日常会话、主要国标舞赛事报名表格样式等。

The structure of the book is very simple and clear and divided into 3 parts. The first part includes five chapters, which introduces 5 Modern styles of Ballroom Dance, that is Foxtrot, Waltz, Quickstep, Tango and Vienna Waltz. The second part includes chapter six to ten, which introduces Latin style Ballroom Dance, that is Rumba, Cha Cha, Samba, Paso Doble and Jive. In order to make readers know about every dance style conveniently and accurately, the book adopted the structure of three paragraph. At the beginning of each chapter is the background information, like the origin, development and its current style. Then introducing basic figures of Man and Lady's foot positions, accompanied with demo pictures. At the end of each section, there are Q&As which help the readers to understand the main points and strengthen the movements learned before. Chapter 11 focused on the speeches and experience sharings of Ballroom Dance Masters who tells each dance style in depth, and help the readers catching the points and key techniques of each style. The 3rd part of this book includes chapter twelve to fifteen, introducing the culture of Ballroom dancing. All contents of this part are very rich and practical, which combined the author's experiences of participating, hosting national and international competitions, and translating for Master classes. For this purpose, the writer edited and combed piles of reading materials. You may find etiquette of Ballroom Dance, chose of dance music, dancing clothes and shoes, design of make-up, introduction of Ballroom Dance masters, strategies of international Ballroom Dance competitions, professional terms, daily communication and data materials like main types of competition registration forms as well.

该舞蹈文化专著，具有很强的可读性和实用性，可作为广大国标舞运动专业人士、学生和英语爱好者的必备参考书。无论您是国际标准舞爱好者、初学者还是专业国标舞者，《国际标准舞文化语汇》都将让您在深刻领会各类舞蹈技巧，享受舞蹈所带来的愉悦的同时，掌握国标英语核心术语，提升与外籍教师和外籍专家的英语交流能力，展现您的文化底蕴。

This book is very readable and practical, and as a reference book for ballroom dance professionals, students and even for English reading. No matter you are Ballroom Dance lovers, beginners or professional, the book will make you deeply understanding and enjoying dance, and in while helps you to learn core ballroom dancing technical terms, improve the ability to communicate with foreign teachers and masters, show your profound cultural background and achievement.

致 谢

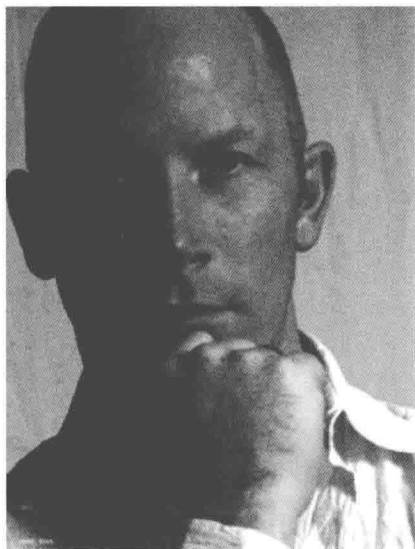
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历经多年完成此书有太多人要感谢，就按时间顺序先后依次感谢。首先感谢北京舞蹈学院科研课题支持，感谢北京舞蹈学院张平教授对我写作本书的支持，感谢摩登舞的拍摄人、青年书法家宿悦先生，感谢国标舞资深翻译陈思女士的细致审校，感谢拉丁舞的拍摄人张静思，感谢北京舞蹈学院研究生林正、李元新前期为本书提供参考照片，特别感谢奥克兰大学硕士研究生（北京舞蹈学院硕士研究生）于珑琦、Aundrey 义务为全书提供图片拍摄及部分术语校对。

I'm appreciative of the support from Professor Zhang Ping, former director of foreign affairs of Beijing Dance Academy. Thanks to Mr. Su Yue, young calligrapher, for providing the photographs of Modern Dance. Thanks to Ms. Chen Si with careful review and the Latin Dance photographs provider, Zhang Jingsi, Lin Zheng, Li Yuanxin, graduate student of Beijing Dance Academy, majored in Ballroom Dancing, for sorting photos, and also thanks to Yu Longqi and Aundrey for providing photographs and part revising terms of this book.

前言一

Foreword I



It is always exciting to hear about a new book being written about our wonderful world of dance. All publicity that takes Ballroom and Latin Dancing into a wider circle is certain to be greatly welcomed.

非常欣喜地获悉又有一本关于美妙的舞蹈世界的书籍将要面世。任何有助于推广国标舞和拉丁舞的书籍都必将受到广泛的欢迎。

Dancing has been my passion for more years than I care to remember and I am very fortunate to have travelled the world dancing, teaching, lecturing and adjudicating. It is a wonderful hobby and/or career for anybody lucky enough to be guided in this direction.

我似乎有生以来就对舞蹈充满了热爱！我也有幸因跳舞、舞蹈教学、舞蹈讲座和舞蹈比赛执裁而奔走于世界各地。能够拥有这样一种美妙的爱好或事业，甚至可以把自已的兴趣和事业相结合的人，该是多么幸运！

In recent years China has become a great dance Nation which I am sure will continue to go from strength to strength. This book once again demonstrates China's dedication to Ballroom and Latin American Dancing.

从近几年的发展来看，中国已经成为一个舞蹈大国。我更相信中国的舞蹈一定会越做越强。这本书再一次展现出了中国对国际舞和拉丁舞的贡献。

Mrs. Mei Xue has spent a great deal of time and effort in compiling all the necessary information to produce this and I wholeheartedly congratulate her on this excellent achievement.

梅雪女士投入了大量的时间和精力，搜集了各方面的相关资料来撰写本书。我衷心地祝贺梅雪女士取得如此卓越的成就。

GRAHAM OSWICK
HONORARY SECRETARY –BALLROOM DANCERS' FEDERATION
VICE CHAIRMAN – LATIN FACULTY, ISTD

格莱姆·奥斯威克
国标舞竞技联合会 – 荣誉理事
英国皇家舞蹈教师协会 – 拉丁舞分会副主席

前言二

Foreword II



It is a formidable task to undertake the writing of any book. I congratulate Mrs. Mei Xue for her devotion in the production of this book which be of great interest and assistance to any aspiring dancer. Mrs. Mei has spent many years working with leading coaches on their visit to China and has assisted many with her expert translations.

写书是一项非常艰辛的工作。我祝贺梅雪女士能够潜心著作本书，造福于所有的舞者。多年以来，梅雪女士一直与访华的国际顶尖舞蹈大师们共事，并为许多大师做专业性的翻译工作。

Competitive Dancing really began many years ago in England. In the early years, many formed the original techniques and guided the foundation of how good dancing should be taught. As years have gone by, the most famous competitions in the world evolved in England, the British Open Championships at the Empress Ballroom in Blackpool, the International Championships at the beautiful Albert Hall in London and the United Kingdom Championships

at the Bournemouth International Centre. Dancers from around the world travel to England to take part in these historic events and to develop their skills with Many leading world coaches in England. England continues to welcome all dancers to the home of dance.

英国的竞技舞蹈已有很久的历史。基本的技术动作在早期即被规范，并用于指导教学。随着时间的推移，世界上最负盛名的舞蹈大赛纷纷从英国诞生，包括在黑池皇后舞厅举办的英国公开赛，在美丽的伦敦阿尔伯特大厅举办的世界锦标赛，以及在伯恩茅斯国际中心举办的英国锦标赛等。来自世界各地的舞者云集英国，积极参与这些具有历史性意义的重大赛事，并与世界顶尖舞蹈大师交流学习，提高舞蹈技巧。英国永远欢迎世界各地的舞者来到这个舞蹈之乡！



罗宾·绍特

Honorary President of WD/IDC (WDC)

One of the world's leading coaches

Former 2nd place in British International and United Kingdom Championships

世界舞蹈总会名誉主席

国际知名教练

前英国世界舞蹈锦标赛、全英舞蹈锦标赛亚军

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