中國民間舞

教材及教学法

主编 马力学





北京舞蹈学院教材

中国民间舞教材及教学法

(下册)

主编 马力学

Chapter Six: Folk Dance of the Mongolian Nationality in China

Section I: Introduction

Section II: Choice of Teaching Material

Section III. Analyses of the Characteristics of
Postures and Rhythms

Section IV: Basic Movements

For Girls:

Tang Step: A Wading Step

Ta Step: Gesture Leg with Ball of the Foot on the Ground

Dian Step. Gesture Leg with Toes on the Ground

Putong Step: Basic Step of Walking

Cuo Step: Chassé

Analyses of Basic Steps and Various Shoulder Movements

Zouma Step: Basic Step of Horseback Riding (at a Walk)

Paoma Step: Galloping of the Horse

Yaolan Step: A Rocking Step

Pao Step: Resembling a Horse Pawing the Ground (Pas de Cheval)

Duozhang Step: Stamping with Ball of the Feet

Leima Step: Basic Step with Arm Movement (Curbing the Rein) Banyao: A Backward Tilt of the Torso
Hinging at the Knee
Analyses of the Horse Step Movements
For Boys:

Tang Step: A Wading Step

Ta Step: Gesture Leg with Ball of the

Foot on the Ground

Dian Step: Gesture Leg with Toes on the

Ground

Cuo Step: Basic Step of Walking
Cuo Step: Chassé and a cool
Dabazi Dundang Step: Wide Second
Position with Plié

Analyses of Basic Steps and Various
Shoulder Movements

Entrance Step

Haiqing Step: A Hawk Step with Plie Analyses of Wrestling Steps Zouma Step: Basic Step of Horseback Riding (at a Walk) Paoma Step: Galloping of the Horse

Pao Step: A Rocking Step

Pao Step: Resembling a Horse Pawing
the Ground (Pas de Cheval)

Duozhang Step: Stamping with Ball of the
Feet

Duozhang Step with Right Foot Stepping Forward and Back

Jiaoti Bai Step: Swaying Step

Tangshen Taoma Step: Lassoing the Horse While Body Tilting Backwards

Paoma Step (Galloping of the Horse) with the Right Foot Stepping Forward and Back

Leima Step: Basic Step with Arm Movement (Curbing the Rein)

Banyao: A Backward Tilt of the Torso Hinging at the Knee

Dance Notation of Basic Movements
(See Supplement)

Section V. Movement Phrases

For Girls:

Eight Movement Phrases Choreographic Principles

For Boys:

Twelve Movement Phrases
Choreographic Principles
Section VI: Combinations
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Tang Step and Gentle Shoulder Movement
Combination

Tang Step and Arm Succession Combination
Tiya Wan Combination: Wrist Movements
Combination of Various Shoulder Movements
Suidou Jian Combination: Shoulder Vibration
Horse Riding Combination
Combination of Allegro Movements of the
Shoulder

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Combination of Arm Waves--Arm

For Boys: of on a the bank has A a wast

Succession

Combination of Arm Succession

Yingya Wan Combination: Sharp Wrist

Movements

Horse Riding Combination to devel A 17 2 4 4 4

Combination of Various Shoulder Movements

Wrestlers Combination

Ordos Combination

Dance Notation of the Typical Combinations

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Musical Scores of Combinations

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Section VII: Syllabus and Aim

Chapter Seven: Folk Dance of the Uygur

Nationality in China

Section I: Introduction

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Section III: Analyses of the Characteristics of Postures and Rhythms

Section IV: Basic Movements'
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Dian Step: One Leg Stepping on the Whole Foot, the Other Stepping Behind on Ball of the Foot

Three Steps and a Lift of the Lower Leg
Diancuo Step, Dian Step, A Dian Step Chasse,
Analyses of Various Dian Steps

Huachong Step: A Sliding Step

Analyses of the Huachong Step

Chan Step: Bouncing Step

Duoyi Step: Basic Step with Weight Shifting Horizontally (1)

Cheyi Step: Basic Step with Weight Shifting Horizontally (2)

Dianyi Step: Basic Step with Weight Shifting Horizontally (3)

Analyses of Bouncing Steps

Yuandi Yaoshen Dianchan: A Basic Step with Body Rotation and Gesture Leg Touching the Floor with Ball of the Foot (1)

Zidong Dianchan; Dianchan Step (2)

Jintui Yaoshen: Dianchan Step (3) --with Gesture Leg Moving Forward and Back

Analyses of Yaoshen Dianchan Steps

Xuanzhuan Shanyao: Turning and Quick
Leaning Back of Upper Body

Zhuangui: Turning and Kneeling on One Knee

Xiake Zhuan: A Turning and Ending Movement
Analyses of Various Turns
Slow Back Bending with Gesture Leg Forward
and Toes on the Ground
Side Chassé and Fast Back Bending
Analyses of Back Bending Movements
For Boys:

Two Steps and Stamping in Place Duovi Step. Basic Step with Weight Shifting Horizontally (1) Dianyi Step. Basic Step with Weight Shifting Horizontally (3) Diancuo Step and Hengyi Step: A Dian Step Chassé and Basic Step of Weight Shifting (4) Analyses of Bouncing Steps Dian Step. One Leg Stepping on the whole Foot, the Other Stepping Behind on Ball of the Foot Dianvun Step. Dian Step with Inward and Outward Rotation of the Front Leg Three Steps and a Lift of the Lower Leg Yaoshen Dianchan: Basic Step with Body Rotation and Gesture Leg Touching the Ground with Ball of the Foot Jintui Step, Stepping Forward and Back Paocuo Step: Fast Chassés Cuotui Step: Chassé Back

Diancuo Step: A Dian Step Chassé
Analyses of Various Dian Steps
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Section V: Movement Phrases
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Fifteen Movement Phrases
Choreographic Principles
For Boys.

Thirteen Movement Phrases

Choreographic Principles

Section VI: Combinations

For Girls:

Yuandi Yaoshen Dianchan Combination, Basic
Step with Body Rotation and Gesture Leg
Touching the Ground with Ball of the Foot
Combination of Hand Movements
Dian Step Combination, One Leg Stepping on
the Whole Foot, the Other Stepping
Behind on Ball of the Foot

Jintui Step Combination: Stepping Forward and Back Chan Step Combination: Bouncing Stpe Combination of Basic Step -- Three Steps and a Lift of the Lower Leg Hengyi Step Combination: Basic Steps with Weight Shifting Horizontally

Combination for Boys and Girls of Duolang

Area

Advance Combination

Combination of Turns and Back Bendings

For Boys:

Chan Step Combination: Bouncing Step
Combination of Dian Step and Three Steps
and a Lift of the Lower Leg
Diancou Step Combination: Dian Step Chassé

Combination of Basic Step--Three Steps and a Lift of the Lower Leg

Huachong Step Combination: Sliding Step Advance Combination

Combination for Boys and Girls of Duolang.
Area

Characteristic Combination

Dance Notation of the Typical Combinations

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Musical Scores of Combinations

(See Supplement)

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Section VII. Syllabus and Aim

Chapter Eight: Folk Dance of the Tibetan Nationality in China

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Section II: Choice of Teaching Material

Section III: Analyses of the Characteristics of
Postures and Rhythms

Section IV: Basic Movements

Basic Step (1)

Basic Step (2)

Tuita Step: Stepping Back and Stamping

Sier Ti Step: A Basic Step with Lower Leg.
Kicking

Liansan Step: Basic Movement with Three

Taita Step: Knee Lifting and Stamping

Analyses of the Bouncing Steps

Dida Step. Basic Step with Stamping

Basic Step (3) 20/21 14 membersel graped

Qixia Tuita Step: A Short Phrase in Seven
Beats with Tuita Step

Qixia Zhuanshen Step: A Short Phrase in Seven Beats with Turning

Youti Step: Basic Step with Leg Swaying and Kicking

Youhua Step: Basic Step of Foot Brushing of to Leg Swaying

Kuayou Step: Gesture Leg First in Forward

Attitude, then Straightening

Analyses of Movements with Knee Bending and
Stretching

Kao Step: The Gesture Leg Following the Supporting Leg

Analyses of Kao Steps words Lieb Williams

Danliao Step: Basic Step with Développés

Analyses of Danliao Steps

Tuo Step: Basic Step with Feet Shuffling

Analyses of Tuo Steps and Analyses

Xie Tuo Step. Stepping Forward Diagnol with Feet Shuffling

Analyses of Xie Tuo Steps

Dance Notation of Basic Movements

(See Supplement)

Section V: Movement Phrases

Twenty Movement Phrases

Choreographic Principles

Section VI: Combinations

Tiaofen Step Combination: Basic Steps

Basic Step Study

Sier Ti Step Combination: A Combination for Children

Basic Step Study — Youhua Step Combination: with Leg Swaying

Combination of Basic Step (3)

Bai Step Combination—"Happy Youth": A Swaying Step

Circle Dance Combination

A Section from "Song of the Slave"

Basic Step Study—Tuo Step Combination: with Feet Shuffling

Basic Step Study—Kao Step Combination: Gesture Leg Following the Supporting Leg

Basic Step Combination (Liao Step): Movements
Imitating Peacock Drinking Water

Xuanzi Combination: (For Boys, For Girls): Steps. with Knee Bending and Stretching

Reba Xuanzi Combination: Various Steps of Xuanzi

Muqu Guozhuang Combination: Guozhuang Dance of the Herdsmen

Duotuo Step Combination: Basic Step of Stamping and Shuffling of the Feet

Zuzhe Combination: Zuzhe Dance

Dance Notation of the Typical Combinations

(See Supplement)

Musical Scores of Combinations
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Section VII: Syllabus and Aim
Chapter Nine: Folk Dance of the Korean
Nationality in China

Section I: Introduction

Section II: Choice of Teaching Material

Section III: Analyses of the Characteristics of
Postures and Rhythms
Section IV: Basic Movements
For Girls:

Xiaohe Step: Small Crane Step
Zhonghe Step: Medium Crane Step with Various
Arm Movements

Kangbei Shou: Arms Behind the Back
Qiankang Shou: Arms Forward
Huakang Shou: With Arm Circles
Xieshang Reng Shou: Throwing the Arms
Diagnol High

Ping Step: A Firm walking Step with Various
Arm Movements

Pingkai Shou: Arms to the Side
Kangkai Shou: Arms Opening
Dian Step: One Leg Stepping on the whole
Foot, the Other Stepping
Behind on Ball of the Foot

Yaowei Shou: Arms Moving Around the Waist Zhizi Step: Stepping Diagnol Forward or Back Hua Step and Kangwei Shou: Basic Sliding Step and Arm Movements

Dingzi Tui Step: Gesture Leg Following the Supporting Leg in turned out Third position Analyses of Basic Steps

Yizhang Dun Step: A Basic Step with Plié and Various Arm Movements Qiaowan Tan Shou. Wrist Movement Fanwan Tan Shou. Wrist Movement

Kouwan Tan Shou: Wrist Movement

Gendian Jintui Step. Stepping Forward on the Heels and Stepping Back on Ball of the Foot

Qianhou Dian Step. Gesture Leg Forward and
Back with Toes on the Ground

Tanti Step: Basic Step in Place with Fast Knee Lifting

Xingjin Tanti Step: Basic Step Through Space with Fast Knee Lifting

Sui Step: Quick and Small Steps

Analyses of Brilliant Steps, Combined Steps

Jiaochajiao Zhuan: A Step and Soutenue
Entournant

Yuandi Dian Step Turns: A Series of Dian
Steps Turning in Place

Xingjin Dian Step Turns: A Series of Dian Steps Turning in a Straight Line

Yuandi Houti Dian Step Turns: Dian Step
Turning with Lower Leg Back Kicks — in Place

Xingjin Houti Dian Step Turns: Dian Step

Turning with Lower Leg Back Kicks—

Through Space

Ping Zhuan: Chainés

For Boys:

Xitui Huanjiao Zhuan. Turns with Lifting of the Knee

Xitui Air Turns: Turns in the Air with Passé Ren Shou Dunzhuan: Turns with Plié and Arm Throwing Movement

Analyses of Various Turns

Duntai: Plie and Knee Lifting

Duntan: Plie and Kicking of the Lower Leg

Dunceng: Pliè and Brush Hops

Shendun Huanjiao Tiao: Grand Plié and Jumps with Changing of Legs

Xitui Chong Tiao, Leaping with Passé

Tijian Tiao, Jumps Resembling the Tijian Game Movement

Tanti Tiao: Jumps with Lower Leg Kicking Movements

Xiliao Tiao, Jumps with Daveloppés

Analyses of Basic Steps with Plies and Jumps

Dance Notation of Basic Movements

(See Supplement)

Section V: Movement Phrases

Thirty Movement Phrases

Choreographic Principles

Section VI: Combinations