

Kita Performing Arts Company



Workshop participants at Boroondara Lantern Festival 2006

Workshop notes for 'Performing Arts of China'

www.kitacompany.com

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These notes include information about choreography, music and song words for most of the activities we are likely to teach you in our workshops. Occasionally we will vary the details, so this may not be exactly as you learned the dance from us.

Please also see 'Teacher Notes' <http://www.kitacompany.com/schools.htm#china> for the history and background of each of these dances.

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Flower Fan Dance

All dancers begin in upstage R corner

1. Walk into middle of the stage,
making three lines across the stage
2. All dancers turn around themselves on the spot
Then Front line kneels down, 2nd line kneels up, Back line stands
3. 3RD line opens fan slowly and shakes it
2nd line opens fan slowly and shakes it
Front line opens fan slowly and shakes it
4. Bring fan in to the front of the chest,
Shuffle into centre of stage to make one line down the middle of the stage
5. Travelling to the front, then peeling off to R and L sides alternately, following leader
around to back corner
6. Travel diagonally across the stage, one by one,
one dancer from each side of the stage alternately.
7. Make V-shape facing front, shake fans, then freeze
8. Bow

Golden Hoop Dance

The Gold Hoop Dance is a folk dance of the Miao tribes who live near the Chinese border. It shows the lively dancing of Miao people, who use golden hoops to show their dexterity and co-ordination.

Kung Fu Shun- Iron Fan Dance

1. Dancers begin in line across back of stage, standing in Kung Fu pose; L hand making a fist, R hand palm flat against L fist, both knees slightly bent, L foot pushed forward
2. Step forward R (counts 1-2), step forward L (counts 3-4) ,
As fan makes a circle in front of body,
Lunge forward, fan opens to front
3. Step forward heels first; R, L, R, L;
4. Lunge to L,
as lunge fan moves to R side then L side, then closes
5. Step L, R, L, R; then lunge to L side
Fan makes a big circle in front of the body, moving up and around. Fan points to L side, then opens.
6. Repeat from 4- half the group at a time, while other half freezes on spot.
7. Fan moves up high and down low;
body stretches high and low with fan
8. Turn on the spot,
9. Place finger in hole in fan and spin on finger.



'Kung Shi' Chinese New Year Dance

The Lunar New Year is a very important celebration for Chinese people. On the first and second day of the New Year, they dress up in new clothes to visit friends and relatives to share New Year's good wishes. They show respect by greeting each other by saying "Kungshi, Kungshi" (congratulations) and singing this special song.

Music: 4/4

Introduction: 1 x B, 4 beats

Formation: circle with pairs, boys on the inside, girls on the outside, facing in dance direction holding hands, outside foot free

A

- 1 Change step with the inside foot
 - 2 Change step with the outside foot
 - 3 1-2 Inside foot touches floor in front
3-4 Inside foot touches floor behind
 - 4 Turn 3/4 out from each other with two small steps and close (boys turn left, girls turn right)
 - 5 1-2 greeting movement
 - 6 Boys: make a fist with one hand, cover it with the other, make a pumping movement with the forearms from chest height, towards their partner.
 - 7 Girls: Left hand on left hip, thumb and fingers pointing forward. Put the right hand on top of the left hand, pointing fingers backwards, with right thumb under the left.
small bend up and down with the knees,
small head movement up and down
- 3-4 repeat greeting to partner
5-8 Holding hands with partner, 6 small steps and close, 1 travelling in circle to the left.

B repeat greeting movement 4 times

- 1-2 Step with left foot to the left and face a new partner
- 3-4 Greet your new partner, close right foot to left foot.
- 5-8 Repeat greeting movement 2 times

Mei t'iao ta, chieh hsiao hsiang

Mei ke jen, te tsui li

Chien mien ti i ju hua

Chiu shih kung hsi kung hsi

Kung hsi kung hsi kung hsi ni ya

Kung hsi kung hsi kung hsi ni

Tung t'ien i tao chin t'ou

Chen shih hao te hsiao hsi

Wen nuan te ch'un feng

Chiu yao chui hsiung ta ti

Kung hsi kung hsi kung hsi ni ya

Kung hsi kung hsi kung hsi ni

Lantern Dance

Dancers start offstage at the back- half of the group at each side of the stage

1. Enter from sides, make small walking steps to form a straight line across the back of the stage, lanterns swinging happily (8 counts x 2)
2. Travel forwards in 2 lines side by side, (8 counts x 2)
3. L line kneels, R line stands and holds lantern up high
R line kneels, L line stands and holds lantern up high
Look at each other and smile
4. Take small steps backwards to make a circle, back to back, all facing out. Circle turns around itself, lanterns coming down low at the front, high at the back (8 counts x 2)
5. Leader leads group around the stage- travelling first forwards, then to R side, then to back, then into diagonal line across stage
6. Every 2nd person turns to face the person behind them
7. Walk around partners on the spot, slowly, then quickly
8. Finish in Chinese style pose- holding lantern up high
One partner kneeling, the other standing



Music comes from CD: Ju Tzong Ching " New Year's Concert", No.4 Rejoicing

This may be difficult to find, but Po Hong Company shop at 601 Station St, Box Hill (Ph: 9890 4968) has many CDs made by Hugo Music Company. These include suitable music such as

1. 'Joyful Atmosphere' (this one is suitable for Lantern Dance)
2. 'Celebrating Bumper Harvest' with drums
3. 'Flying Apsars' (Chinese Orchestral works)
4. 'The Treasury of Zheng Music'
5. 'Chinese Plucked Instrumental music'
6. 'Reminiscences of Yunnan'
7. 'Song of the Conscript's'
8. 'Embroider a Pouch' Shanxi Folksong
9. 'Crouching Tiger Hidden Dragon': movie soundtrack.

Lanterns can be purchased at Chinese shops such as those in Little Bourke St city and Box Hill for approx \$4. Or students can make their own!

Check out these websites for ideas:

www.fortunecity.com/meltingpot/alabama/179/clantern.htm

www.myweb3000.com/Lantern3.html

www.asianz.org.nz/node/588

Ribbon dance

1. Dancers in position on stage, frozen in Chinese pose.
2. Emperor enters stage and walks around dancers before taking his throne in the centre of the stage and falling asleep
3. Dancers lift ribbons up and down x 4
4. Dancers jump on spot wiggling ribbons into the air x 4
5. Dancers turn slowly on spot, waving ribbon to make 'octopus' movements x 2
6. Dancers follow leader to run in a large circle around the Emperor making 'butterfly' movement with ribbon
7. Dancers form a circle around the Emperor, then run in towards him, then jump and lift ribbons into the air, then travel backwards to original position. X 2
9. Dancers pose.
Emperor wakes, stretches, looks around at dancers, then all form a line across front of stage for Chinese bow.



'Shanti Wu' Dance of celebration of the Indigenous mountain people of Taiwan

Song words

Gao shan ching,
Tsien shwe lan
Ali shan de kuniang,
Me jzu shwe a
Ali shan de shao nien,
Ju wang ju shan
Aaaaa

(Repeat from Line 3)

Dance instructions

All dancers start in corner of room
Head down, eyes looking at the floor
R arm held in front of chest, L arm stretched out behind L shoulder

Small quick runs onto stage, with both knees bent,
Into triangular shape on stage- like bowling skittles
(line of 1, line of 3, line of 5 children etc)

Small jump with both feet on spot.
L hand makes large circle in front of the body shaking the wrist, as R arm is held up high

1. BASIC STEPS

Step to right with R foot, bring L foot in to R
Step to left with L foot, bring right foot in to L.
Arms go to same side as feet each time.
Repeat x 2
Repeat all of this while turning on the spot

2. TRAVELLING FORWARD/BACKWARDS

Step R, step L, step R, hop on R foot, lift L
Travelling backwards, Step L, step R, step L and hop on R x 4

3. TRAVELLING TO THE SIDE

Step R, step L, step R, hop on R foot, lift L X 2

4. TURNING WITH A PARTNER

Turn on the spot with a partner-
R shoulder placed against partner's R shoulder,
Bodies bend low while arms are held up high,
R hand is in front of body while L arm is out to the L side

On final count, front person kneels, back person stands

5. PARTNERS

Hands beat on knees, arms go up to the R side
Hands beat on knees, arms go up to the L
Hands make a circle in front of body

Back partner bends down, grabs elbow of friend and both run/jump off stage.

Tai Chi animal movements

This form of martial arts was invented in the 14th century by master Chang San- Feng. One day, Master Chang was looking out of his window and saw a crane fighting with a snake. This gave the idea of creating an exercise for all parts of the body. In practice, this is done in slow motion, but it can be done fast and with great power.

Preparation	<i>Yu pei shih</i>
Tiger Fist	<i>Hu chuan</i>
Fire Arms Exercise	<i>Huo pi lien his</i>
Snake Fist	<i>She chuan</i>
Crane Fist	<i>Ho chuan</i>
Kung Fu Fist	<i>Kung fu chuan</i>
Return to Oneness	<i>Hui shih</i>

Tai chi 'Watermelon' movements

Start legs comfortably apart, hands on waists

Take one whole watermelon	<i>Large circle outwards with both arms</i>
Cut it in half	<i>Sharp movement with both arms in front of body</i>
One half for you	<i>Pushing movement with both arms to right side</i>
One half for you	<i>Pushing movement with both arms to left side</i>
No more watermelon	<i>Arms open wide in front</i>

Tambourine Dance

Starting position:

Dancers stand in 2 lines, lengthwise down both sides of the stage

1. Beat tambourine for introduction 2 x 8 counts
2. Travel to opposite side of stage; step hop, 1,2 3 (4 times)
3. Repeat returning to original position
4. Beat tambourine as lunge to R side (8 counts)
5. Beat tambourine as arms are crossed in front of the body, palms down (8 counts)
6. Hold arms in position; head wiggles side to side x 8 counts
7. Pivot sideways across the stage, arms swinging in front of body (8 counts)
8. Beat tambourine and lunge to R (8 counts)
9. Turn on the spot, shaking the tambourine
10. Take a big bow and jump offstage.

'Tsai Cha Ou' Tea Harvesting Dance

Tea is one of Taiwan's most important products. The Hakka people in Hsinchu and Miaolo live in the hills and make their living by harvesting tea. This playful dance celebrates the tea harvest.

SIMPLE VERSION

INTRODUCTION: stand facing partner

1. step to right, on right foot
2. bring left foot to close to right
3. step to left
4. close right

Repeat to R, L, R.

Bow to each other:

Girls make a small knee bend, Boys bend forward from the waist

Basket is held by left hand on left hip, right hand positioned over basket, palm down.

PART A: Picking:

Legs: change step x 6; R, L, R, L, R, L.

On last change step come face to face with a new partner.

Arms: pick tea leaves, wrists make twisting and picking action before placing tea in basket (one movement for each change step).

Tea leaves are usually hip height or lower, but can be found behind a partner's back.

PART B: Turning in circles

1-8 Link right elbows with partner and circle together clock-wise, taking small flat steps..

9-16 Repeat travelling backwards and anti-clockwise