

菲律宾民间舞蹈博客
Filipino Folk Dance Podcast

ESSAY:

欢迎你来我的博客！

我要跟大家介绍一下菲律宾民间舞蹈。这是我妈妈的传统文化。因为有很多的菲律宾人是天主教教徒，所以一到圣诞节，教堂就一定有弥撒。除了参加弥撒以外，我们的社区还怎么庆祝呢？跳舞和食物！跳舞的表演又好玩又有意思。弥撒以后，有一个晚会，不但有跳舞表演，而且会带很多菲律宾菜一起吃。

我从小就参加跳舞表演，什么菲律宾舞都跳过。只有周末孩子才有时间练习，不过我们跳得很好，因为练习了很长时间，所以表演很精彩。

菲律宾民间舞蹈有很多，我今天介绍几个。Tinikling 用两根竹竿来跳舞。看看这些人拿着竹竿，让跳舞的人在竹竿中间跳。Sayaw Sa Bankgo 用板凳，一对男女站在板凳上跳舞。Itik Itik 是小鸡舞，常常是小孩子在跳。虽然 Tinikling 很酷，可是我觉得 Itik Itik 最可爱。Cariñosa 用纸扇和手帕，应该有女孩和男孩一起跳。这是我跳这个舞，我们没有男孩，可是我们都穿菲律宾连衣裙。

对我来说，参加菲律宾舞表演是我小时候很重要的一部分。我爱我的传统文化。你呢？下个星期我要介绍菲律宾菜！你吃过 lumpia 吗？谢谢你们！

ENGLISH:

Welcome to my podcast!

I want to introduce a little about Filipino Folk Dance. This is my mother's heritage. Filipinos are Catholic, so when Christmas arrives, there is surely going to be mass. In addition to attending mass, how else does our community celebrate? With dance and food! The dance performance is both fun and interesting. After mass, there is a party, not only is there a dance performance, but also can bring a lot of Filipino food to eat together.

As a child I participated in the dance performance. I have danced all Filipino dances before. The kids only have time on the weekends to practice, however we dance very well because we practice for a long time, therefore the performance is wonderful.

There are a lot of Filipino Folk Dances, today I will introduce a few of them. *Tinikling* uses two bamboo sticks for the dance. Look at the many people holding the bamboo sticks, then the people dancing in the middle of the sticks. *Sayaw Sa Bangko* uses wooden benches, where a male and female couple dance together on top of the bench. *Itik Itik* is known as a small chicken

dance, often danced by small children. Although *Tinikling* is very cool, I think *Itik Itik* is the most adorable. *Cariñosa* uses paper fans and handkerchiefs, usually you have a boy and girl dance together. I have danced this dance, we don't have any boys, although we wear Filipino traditional outfits.

To me, participating in Filipino dance performance as a child is very important to my culture. I love my traditional culture, how about you? Next week I will introduce Filipino food. Have you eaten lumpia before? Thank you all!

VOCAB LIST:

介绍 - jièshào - to introduce
菲律宾人 - Fēilübīnrén - Filipino person
民间舞蹈 - mínjiānwǔdǎo - folk dance
传统文化 - chúántǒng wénhuà - traditional culture
弥撒 - mísa - mass
庆祝 - qìngzhù - to celebrate
从小 - cóngxiǎo - as a child
练习 - liànxí - to practice
精彩 - jīngcǎi - brilliant, marvelous
板凳 - bǎndèng - wooden bench
手帕 - shǒupà - handkerchief
对我来说 - duìwǒláishuō - to me...
重要 - zhòngyào - important
连衣裙 - liányīqún - traditional outfits
花圈 - huāquān - flowers
纸扇 - zhǐ shàn - fans
两根竹竿 - liǎng gēn zhúgān - two long bamboo stick
小鸡舞 - xiǎo jī wǔ - baby chick dance
介绍 - jièshào - to introduce
五岁的时候 - wǔsuì de shíhòu - when i was five years old
社区 - shèqū - community
天主教 - Tiānzhǔjiào - catholicism
天主教教徒 - Tiānzhǔjiàotú - catholic person
信 - xìn - to believe in/ to follow religion
表演 - biǎoyǎn - performance
圣诞节 - Shèngdàn jié - Christmas