

ATO 3M: YANGGE MOVEMENT AND TERMINOLOGY

Basic Yangge movement – upper body

Yangge dancers often dance with handkerchiefs or fans.

1. Jiaoti Hua: Alternate hands while twisting wrist
2. Dan hua: Single arm twisting movement
3. Shuang hua: Double arm twisting movement
4. Small hua: Small circular motion hand movement
5. Chan hua: Twirling of handkerchief by hands
6. Shuai hua: Throw handkerchief out
7. Gai hua: Swing arms up and down in a circular motion

Basic Yangge movement – lower body

1. Front kick: kicking foot to the front
2. Side kick: kicking foot to the side
3. Back kick: kicking foot to the back
4. Box step: walking in a box (same as box step in jazz)
5. Bouncing step: bouncing body at different levels
6. Half turn step: one foot step to the side and turn half circle
7. Full turn step: one foot step to the side and turn a full circle

Basic Yangge terminology

Many *Yangge* steps and movements are directly related to the meaning or images evoked by their names. For instance, the *Butterfly* step is when a person stretches both arms horizontally in opposite directions while their feet move to the side with quick small skipping steps.

1. Butterfly: one foot steps to the side while arms open wide
2. Dragon: whole body rise suddenly while throwing arms upwards
3. *Yangge* turn: it is almost like chainé in ballet but with arms stretching to the side
4. Cross: four small steps to the front, side, back, and side while gently swinging both arms to the opposite side
5. Pendulum: body or arms swinging side to side
6. Sowing: shake arms slightly while reaching side to side
7. Celebration: shake handkerchiefs to different directions