

## Dance: Chinese Dance

### 舞蹈：中國舞

àn-tuo-zhǎng	按托掌
àn-zhǎng (palm facing downwards)	按掌
battement tendus	擦地
bā-zi-bù (heels together , toes turned out)	八字步
bending of waist	彎腰
bēng-jiǎo (toes pointed)	繃腳
bìng-tuǐ-shè-yàn-tiào (arms circling , jump to single-leg balance)	并腿射雁跳
chest contraction	含胸
chest relaxation	展胸
chōng-zhǎng	冲掌
chuàn-shǒu	穿手
chuān-zhǎng	穿掌
cì-fān-shēn (twisting and circling with leg crossed in front)	刺翻身
cuò-bù (step-kick)	搓步
dà-bā-zi-bù	大八字步 / 二位
dā-tà-bù	大踏步
dā-tī-tuǐ (high leg kick)	大踢腿
dān-shān-bàng (outward movement of one arm with wrist leading)	單山膀
dān-zhǎn-chì (single leg crouch balance-one arm extended)	單展翅
dān-zhǐ	單指
diǎn-fān-shēn (twisting and circling with leg crossed in front)	點翻身
demi-plie	半蹲
developpe	吸伸腿
dīng-zì-bù (one heel touching the arch of the other foot)	丁字步
duān-zhǎng	端掌
dūn-tuǐ (leg squat)	蹲腿
èr-wài	二位
finger stretch	推指
floor-tapping	踏點步
foot flexing and stretching	勾踹腳
fēn-zhǎng	分掌
gài-tuǐ (side to crossed high leg kick)	蓋腿
gōng-jiàn-bù (astride standing, one knee bent and other knee stretch)	弓箭步

gōu-jiǎo (hook foot)	鈎腳
grande battement (front, side, back)	踢腿 (前、旁、後)
guǎi-jiǎo (sole-inward faced)	拐腳
hòu yāo	後腰
huā-bān-bù (stepping on toes)	花邦步
jiàn-zhǐ	劍指
jiāo-huàn-bù (step-change-step)	交換步
kuà-tuǐ (leg raised with bent knee)	跨腿
kuà-tuǐ-zhuǎn (turning with leg raised)	跨腿轉
kòng tuǐ (leg holding)	控腿
kuài-yuán-chǎng-bù (fast striding)	快圓場步
lán-huā-zhǐ (orchid)	蘭花指
leap	蹦跳步
leg side lift	旁抬腿
lì-zhǎng (open palm vertical)	立掌
liáo-tuǐ (leg kick from crouch position)	撩腿
liáo-zhǎng (outward movement with palms facing inwards then outwards)	撩掌
màn-yuán-chǎng-bù (slow striding)	慢圓場步
nán-zhǎng (open palm)	男掌
open-push hands	攤推手
pán-shǒu	盤手
pas de	後吸腿
pián-tuǐ-tì (crossed to side high leg kick)	蹁腿踢
ping-zhuàn (chaine's turn)	平轉
position of feet	腳位
qián yāo	前腰
qián-gōng-jiàn-bù	前弓箭步
qiè-zhǎng (down hand movement with palm facing inwards)	切掌
press hipbone	壓胯
press leg	壓腿
quán	拳
quick developpe	彈腿
rond de jambe	環動
rotary motion of shoulders	掰膀子
saute	小跳
shān-shān-bāng (outward movement of both arms with wrists leading)	雙山膀
shāng-yǎng-tuǐ (leg raised with sole inward faced)	商羊腿
shè-yàn ((i) leap to single-leg balance (ii) single-leg balance)	射雁

shè-yàn-zhuàn (single leg balance turn)	射雁腿
shí-zì-bù (crossed high leg kicks)	十字步
shí-zì-tī-tuǐ (crossed high leg kick)	十字踢腿
shuāng-huāng-shǒu (arms circling)	雙晃手
shuāng-tōu-zhǎng (both arms held above head, palms facing upwards)	雙托掌
shuāng-zhǎn-chì (single-leg crouch balance-both arms extended)	雙展翅
shùn-fēng-qí (one arm stretched to the side, the other held above head)	順風旗
sōng-quán (open fist)	鬆拳
sui vi	碎步
tā-bù (stand on one foot, the other demipoint crossed behind)	踏步
tā-diǎn-bù (step cross)	踏點步
tán-tuǐ (knee flex)	彈腿
tān-zhǎng (palm facing upwards)	攤掌
tí-jīn (inward twist of open fist, elbows bent)	提襟
tī-páng-tuǐ (side high leg kick)	踢旁腿
tiptoeing	踮腳
tī-qíán-tuǐ (front high leg kick)	踢前腿
tī-zhèng-tuǐ (front high leg kick)	踢正腿
tiào-tà-bù-fān-shēn (twisting and circling in striding)	跳踏步翻身
tour lent	點步轉
waves	波浪
wò-yú (trunk twist at cross-sit position)	臥魚
wǔ-wèi	五位
xī-tuǐ (leg rise from knee bent)	吸腿
xiǎo-bā-zì-zhǐ (chinese figure 8 finger pattern)	小八字指
xiǎo-tī-tuǐ (leg flex)	小踢腿
xiǎo-wǔ-huā	小五花
xié yāo	斜腰
xié-tàn-hǎi (twisted scale-balance)	斜探海
xié-tuō-zhǎng	斜托掌
xuán yāo	旋腰
yā-tuǐ (leg press)	壓腿
yáng-zhǎng	揚掌
yì-wèi (heels together, toes turned in line)	一位
yuán-wèi-tiào (jumping in place)	原位跳
yún-bù (sliding heel-toe)	雲步

yún-shǒu

zhèng-bù

zhèng-tàn-hǎi (scale balance)

雲手

正步

正探海