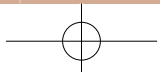
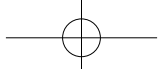


List 1
Dance
舞蹈类





acceleration [ək,selə'reɪʃn]

■ 释: *n.* 加速; 提速

■ 例: In dance, the term **acceleration** not only refers to a change in speed but also a change in direction of motion. 在舞蹈中, 加速不仅仅意味着速度的改变, 也代表运动方向的变化。

accompaniment [ə'kʌmpənɪmənt]

■ 释: *n.* 伴奏

■ 例: Folk music is one of the most common forms of dance **accompaniment**. 民间音乐是舞蹈伴奏中最普遍的形式之一。

Achilles tendon

■ 释: 跟腱

■ 例: For dancers, the **Achilles tendon** has been proposed to be one of the most vulnerable parts of the body. 对于舞者来说, 跟腱被认为是身体上最脆弱的部位。

acrobatic dance

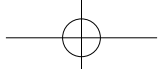
■ 释: 特技舞蹈

■ 例: **Acrobatic dance** emerged in the United States and Canada in the early 1900s, as one of the types of acts performed in vaudeville. 特技舞蹈于20世纪初在美国和加拿大出现, 是当时歌舞杂耍表演的一种形式。

adduction [ə'dʌkʃən]

■ 释: *n.* 内收

■ 例: **Adduction** is the movement of a body part toward the body's midline. 内收动作是指身体各部位向身体中部收敛的过程。



aerobic dance

■ 释：有氧舞蹈

■ 例：If you are looking for some cool ways to banish fat and boost metabolism, **aerobic dance** is the one for you. 如果你正在寻找减脂和促进新陈代谢的好办法，有氧舞蹈就是你的选择。

agility [ə'dʒɪlətɪ]

■ 释：*n.* 敏捷性

■ 例：The present study is undertaken to examine the relationship of modern dance performance to **agility**, balance, flexibility, power, and strength. 目前的研究旨在考察现代舞表演和敏捷性、平衡性、灵活性、力量和强度之间的关系。

Alexander technique

■ 释：亚历山大健身技法

■ 例：Learning the **Alexander technique** can help experienced and non-experienced dancers of all ages. 对于各年龄阶段有经验以及没经验的学舞者，学习亚历山大健身技法都是有帮助的。

alignment [ə'laɪnmənt]

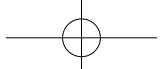
■ 释：*n.* 姿势, 方位

■ 例：Learning proper **alignment**, or body carriage, is often the first step in learning to dance. 掌握正确的舞蹈站姿或身体姿态，是学习舞蹈的第一步。

anatomy [ə'nætəməɪ]

■ 释：*n.* 解剖学

■ 例：*Dance Anatomy* is well written, informative, and full of



■ 艺术类英语核心词汇一本通

creative ways to keep dancers healthy and dancing to their full potential. 《舞蹈解剖学》是一本信息量丰富的好书，它为舞者保持健康、全方位挖掘潜能提供了新方法。

annual performance

■ 释：年度演出

■ 例：Shen Wei Dance Arts has performed in 138 cities, in 33 countries, including **annual performances** at the American Dance Festival, the Los Angeles Music Center, Sadler's Wells, the Barbican Center, the Edinburgh International Festival, etc. 沈伟舞蹈团走遍世界33个国家的138个城市，其中年度演出包括：美国舞蹈节、洛杉矶音乐中心、伦敦萨德勒威尔斯剧院、巴比肯中心和爱丁堡国际艺术节等。

appreciation [əˌpri:ʃi'eɪʃn]

■ 释：*n.* 赏析

■ 例：Dance **appreciation** is an introductory class that examines dance as a primary mode of human expression and communication. 舞蹈赏析是一门介绍性课程，旨在探析舞蹈作为人类一种主要的表达和交流方式。

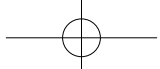
Arab dance

■ 释：阿拉伯舞蹈

■ 例：**Arab dance** has many different styles, including the three main types of folklore, classical, and contemporary. 阿拉伯舞蹈有很多不同的风格，主要有三种类型：民间舞、古典舞和当代舞。

arabesque [ˌærə'besk]

■ 释：*n.* 阿拉贝斯克舞姿（芭蕾）



■ 例：The ballerina remained suspended in a faultless **arabesque**. 这位芭蕾舞女演员一动不动地保持着完美的阿拉贝斯克舞姿。

articulation of spine

■ 释：脊椎运动

■ 例：You can get dance expert video instruction for the **articulation of your spine** to improve mobility. 你可以跟着舞蹈大师的授课光盘来学习如何活动你的脊椎，从而提高你的运动性。

attitude [¹ættɪtʊd]

■ 释：*n.* 鹤立式舞姿（芭蕾）

■ 例：**Attitude** is a classical ballet position where the working leg is lifted in the air to the front, side or to the back. 鹤立式舞姿是古典芭蕾的一种姿势，舞者的腿在空中朝前、向侧面或是向后。

avant-garde movement

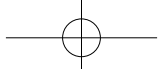
■ 释：前卫的舞蹈动作；先锋派舞蹈动作

■ 例：Paul Taylor introduced abstractionism and **avant-garde movements** and paved the way for postmodern dance. 保罗·泰勒介绍了抽象主义和先锋派舞蹈动作，为后现代舞蹈的发展奠定了基础。

axial movement

■ 释：轴向运动

■ 例：Spinning is an example of **axial movement** since the dancer keeps one body part connected to the floor and maintains



■ 艺术类英语核心词汇一本通

contact with that same spot as the dancer moves. 旋转是轴向运动的一种。舞者在旋转过程中，身体的某部分和地面接触，随着舞者的舞动，这种接触保持不变。

backstage [bæk'steɪdʒ]

■ 释: *n.* 后台

■ 例: **Backstage** dance etiquette is as important as your performance onstage. 对于舞蹈演员来说，后台礼仪举止和在台上的演出同等重要。

ballroom dance

■ 释: 国标舞

■ 例: May Blackpool Dance Festival covers **ballroom**, Latin, American dancing, etc. 每年5月举办的黑池舞蹈节包括国标舞、拉丁舞和美国舞蹈等舞种。

barre ['bærɪ]

■ 释: *n.* 把杆

■ 例: In practice, **barre** training can have huge impacts on your body, so you cannot skip it. 在训练中，把杆训练对你的身体有重要的影响，你不能略过这一步。

belly dance

■ 释: 肚皮舞

■ 例: **Belly dance**, also referred to as Arab dance, is a type of dance that originated in Egypt and that emphasizes complex movements of the torso. 肚皮舞即阿拉伯舞蹈，发源于埃及，它强调人体躯干的一系列复杂动作。

biomechanics [ˌbaɪəʊməˈkæniks]

■ 释: *n.* 生物力学

■ 例: This course provides foundation knowledge of **biomechanics** as a stepping stone towards the advanced biomechanics on dance knowledge. 这门课介绍了生物力学的基础知识, 也是日后学习与高级生物力学有关舞蹈理论的敲门砖。

body awareness

■ 释: 身体意识

■ 例: That's why understanding and developing your **body awareness** is essential for building your dance foundation. 了解并开发你的身体意识对于夯实舞蹈基础是很必要的, 这就是原因。

body conditioning

■ 释: 身体训练

■ 例: **Body conditioning** classes build strength, flexibility, and power for dancers. 身体训练课程能够为舞者提高强度、灵活性以及力量。

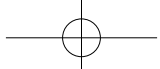
body control

■ 释: 身体控制

■ 例: When it comes to hip-hop dancing, one of the most important things is the ability to have great **body control**. 说到嘻哈舞蹈, 很重要的一点是身体控制能力。

body flow

■ 释: 身体流动; 身体舞动



■ 艺术类英语核心词汇一本通

■ 例：Ballet **body flow** is a vigorous class incorporating classical dance techniques, barre, breath work and yoga movements. 芭蕾身体舞蹈课是一门充满活力的课程，它融合了古典舞技巧、把杆动作、呼吸调整及瑜伽动作。

body rhythm

■ 释：身韵（中国古典舞）

■ 例：**Body rhythm** is the soul of Chinese classical dance, as well as the aesthetics of Chinese dance. 身韵是中国古典舞的灵魂所在，也是中国舞舞蹈的美学所在。

booklet ['buklət]

■ 释：*n.* 小册子；手册

■ 例：The graphic designer creates program **booklets** for events including dance concerts and theatre shows. 平面设计师制作了舞蹈晚会和戏剧展演的节目手册。

breaking ['breɪkɪŋ]

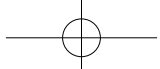
■ 释：*n.* 霹雳舞

■ 例：**Breaking**, also called breakdancing, was created by the African American youth in the early 1970s. 霹雳舞是20世纪70年代由美国黑人青年创造出来的。

canon ['kænən]

■ 释：*n.* 舞蹈段落

■ 例：Rudolph Laban identified four main types of **canon** used in dance. 鲁道夫·拉班确认了舞蹈中四种主要的舞蹈段落类型。



category ['kætəgəri]

■ 释: *n.* 类别, 组别

■ 例: The contestants are divided into three **categories**. 选手被分为三个组别。

center of gravity

■ 释: 重心

■ 例: Graceful, elegant leaps in dance are achieved by overcoming gravitational pull and creating the illusion of a raised **center of gravity**. 舞蹈中轻柔而优雅的跳跃是通过克服重力作用来完成的, 它会给人一种重心上移的错觉。

Chinese minorities dance

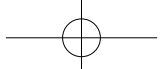
■ 释: 中国少数民族舞蹈

■ 例: Dai Ailian went to Guangxi and Guizhou to study and collect local **Chinese minorities dances** in 1930s. 早在20世纪30年代, 舞蹈家戴爱莲就远赴广西和贵州学习和收集当地少数民族舞蹈。

choreoecology [ˌkɔ:ri' i:kɒlədʒi]

■ 释: *n.* 舞蹈生态学

■ 例: The third chapter, with the research method of **choreoecology** and dance morphology, analyzes the dance ontology through the forming material, typical choreme and other angels. 第三章通过舞蹈生态学与舞蹈形态学的研究方法, 从构成材料、典型舞畴等角度对舞蹈的本体进行分析。



choreography [ˌkɔːrɪˈɑːgrəfi]

■ 释: *n.* (舞蹈) 编导; 编舞; 舞蹈编排

■ 例: In dance, **choreography** is the act of designing dance, which is done by a choreographer. 在舞蹈中, 编导即设计舞蹈的一种行为, 通常由编舞者来完成。

commission [kəˈmɪʃn]

■ 释: *n.* 资金; 资助

■ 例: He has received 23 **commissions** from major institutions to support his creative dance work, including those from Het Muziektheater, Lincoln Center Festival, and the Kennedy Center, etc. 他富有创造性的舞蹈作品获得了23项来自各大艺术机构的资助, 其中包括: 阿姆斯特丹新国家剧院、林肯中心艺术节和肯尼迪表演艺术中心等。

Classical ballet

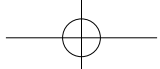
■ 释: 古典芭蕾

■ 例: **Classical ballet** is a mixture of the French style of Romantic ballet, the techniques developed in Italy in the late 19th century, and Russian teaching. 古典芭蕾是法式风格的浪漫主义芭蕾、19世纪后期意大利的芭蕾和俄罗斯的教学芭蕾融合的产物。

community dance

■ 释: 社区舞蹈

■ 例: People who participate in **community dances** can rediscover their community heritage and increase their social activity. 参与社区舞蹈活动的人可以重新发现社区的传统, 同



时可以丰富自己的社会活动。

composition [ˌkɒmpəˈzɪʃn]

■ 释: *n.* (舞蹈) 创作

■ 例: During the dance **composition** process, you explore a movement idea by creating dance movement or selecting steps in some dance genres. 在舞蹈创作过程中, 你通过创造舞蹈动作或从一些舞种中选择舞步来完成动作的探究。

conservatory of dance

■ 释: 舞蹈学院; 专业舞校

■ 例: The **Conservatory of Dance** at Purchase College is one of only a handful of conservatories in the world where you can learn what it means to be a dance professional. 帕切斯学院的舞蹈系是世界上为数不多的专业舞蹈系, 在此学习意味着你将成为专业舞者。

contemporary dance

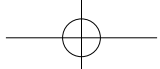
■ 释: 当代舞蹈

■ 例: **Contemporary dance** is a style of dance that emerged in the 20th century as an outgrowth of modern dance and other 20th century dance techniques. 当代舞起源于20世纪, 它是在现代舞和其他舞蹈技法的基础上出现的一种舞蹈形式。

contraction [kənˈtrækʃn]

■ 释: *n.* 收缩

■ 例: Graham technique is based on the opposition between **contraction** and release, a concept based on the breathing cycle. 格



■ 艺术类英语核心词汇一本通

莱姆技巧基于收缩与放松动作之差异，是一个以呼吸循环为基础的概念。

cool-down activity

■ 释：整理活动；恢复活动

■ 例：The purpose of an effective **cool-down activity** is to gradually return function to normal and prepare the body and mind for later activities. 有效整理活动的目的是使身心逐渐恢复到正常的状态，为后面的活动做好准备。

coordination [kəʊ,ɔːrdɪ'neɪʃn]

■ 释：*n.* 协调性；配合

■ 例：I have been thinking about the fastest and easiest ways to help my dance students improve their **coordination**. 我一直在思考一些最快速和简便的方式来帮助我的舞蹈班学生提高协调性。

corporeality [kɔːpɔːrɪ'ælətɪ]

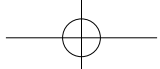
■ 释：*n.* 形体存在；身体性

■ 例：Course literature draws significantly from dance and performance research to consider a wide range of approaches to **corporeality** studies. 课程的文献很大程度上吸收了舞蹈和表演类的相关研究成果，目的是从更广泛的角度去考察身体艺术。

counterbalance ['kauntərbæləns]

■ 释：*n.* 平衡抵消

■ 例：In dance the same principle applies, each part of the body



moves forward or back to **counterbalance** another part of the body. 同样的原理也适用于舞蹈，身体的每一部分向前或向后运动的同时，与身体其他部分的平衡相互抵消。

court dance

■ 释：宫廷舞

■ 例：There are two kinds of Chinese **court dance**, which were performed in the palace of the emperor. 中国宫廷舞有两种，都是在皇宫里表演的。

curved pathway

■ 释：曲线；曲折路线

■ 例：Arms trace **curved pathways** in the air, the front leg traces a zigzag pathway, and the back leg traces a straight pathway. 手臂在空中作曲线运动，前腿呈曲线前进，后腿则作直线运动。

dance aesthetics

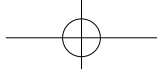
■ 释：舞蹈美学

■ 例：With far-reaching cultural meaning and high art appreciation, the play integrates traditional culture and contemporary **dance aesthetics**. 在深厚的文化底蕴和高雅艺术鉴赏的基础上，这部戏剧使传统文化和现代舞蹈美学相融合。

dance audition

■ 释：舞蹈遴选；试演；面试

■ 例：Online dance magazines can keep dancers up-to-date with the latest **dance auditions**, news, events and dancewear fashion. 在



■ 艺术类英语核心词汇一本通

线舞蹈杂志使舞者了解最新的试演、新闻、活动和舞蹈服装时尚等。

dance company

■ 释：舞团

■ 例：Live performances viewed by the class will vary each term, dependent upon the offerings of prominent Bay Area **dance companies**. 学生每学期观看的现场表演会有所不同，这取决于湾区著名舞团推出的剧目。

dance criticism

■ 释：舞蹈评论

■ 例：**Dance criticism** is the activity of writing analytic or philosophical thoughts about dance. 舞蹈评论就是对舞蹈进行分析性写作或是哲学思辨的活动。

dance drama

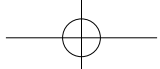
■ 释：舞剧

■ 例：The award-winning classical Chinese **dance drama** *The Butterfly Lovers* is to make debut in Seattle. 获奖的中国古典舞剧《梁山伯与祝英台》即将登上西雅图的舞台。

dance event

■ 释：活动；赛事

■ 例：This global **dance event** will welcome many of the most talented dancers from some of the greatest dance studios in the world. 此次全球舞蹈赛事欢迎来自世界各地最优秀院团的杰出的舞蹈人才。



dance festival

■ 释：舞蹈节

■ 例：Jacob's Pillow **Dance Festival** presents more than 350 free performances, talks, exhibits, classes, and a variety of special events each year. 雅各枕舞蹈节每年都会推出350场免费表演、讲座、展览、课程及各种舞蹈活动。

dance industry

■ 释：舞蹈产业

■ 例：The **dance industry** is made up of dancers, choreographers, rehearsal dancers, costume and set designers, makeup artists, publicists, and others behind the scenes. 舞蹈产业组成人员包括：舞者、编导、排练演员、舞美服装设计、化妆师、宣传人员以及其他幕后工作人员。

dance journal

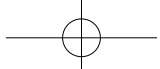
■ 释：舞蹈日记；舞蹈日志

■ 例：**Dance journals** can be used from the first day of class to set up a systematic cyclical process of reflection, writing, and reflection. 从第一天上课起，学生就可以用舞蹈日记的方式养成系统的、周期性的反思和写作习惯。

dance resume

■ 释：舞蹈职业简历

■ 例：A **dance resume** provides information about your dance skills, experience and accomplishments. 一份舞蹈职业生简历可以显示你的舞蹈技能、经历以及成就。



dance science

■ 释：舞蹈科学

■ 例：**Dance science** is a fast-growing area of research and study aiming to investigate the quantitative and qualitative aspects of dance training and performance. 舞蹈科学是一门通过定量和定性的方法来探究舞蹈训练和表演的科学，是一个迅速发展的研究和学习领域。

dance theater

■ 释：舞蹈剧场

■ 例：In **dance theater** developed by Pina Bausch, there is no plot. It is simply dancers dancing abstractly to make the viewers feel a certain way. 在皮娜·布什“舞蹈剧场”的概念中，舞蹈是没有情节的。它仅仅是舞者抽象地舞动，以某种方式使观众感知。

dance therapy

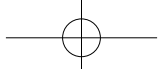
■ 释：舞蹈治疗

■ 例：**Dance therapy** is a type of therapy that uses movement to help individuals achieve emotional, cognitive, physical, and social integration. 舞蹈治疗是一种用舞蹈动作来帮助人们实现情感、认知、身体以及社会融合的疗法。

deceleration [ˌdiːsələ'reɪʃn]

■ 释：*n.* 减速

■ 例：There is a lot of acceleration and **deceleration** in dance due to the changing tempo of the music. 由于音乐节奏的变化，在舞蹈中也会有很多的增速和减速动作。



degree show

■ 释：毕业展示

■ 例：A **degree show** at the end of the senior year provides a public showcase for work by graduate students. 毕业展示通常是毕业生在学习的最后一年给公众呈现的作品。

demonstrate [ˈdɛmənstreɪt]

■ 释：v. 示范

■ 例：The teacher **demonstrates** the dance steps so that the students can see how the step is performed, the correct tempo, and the direction the body moves. 通过老师示范舞步，学生会明白舞步是如何演绎的，以及正确的节奏和身体移动的方向。

diagonal line

■ 释：对角线

■ 例：The **diagonal line** formation, popular in jazz and tap dance, is used mainly for its feature of allowing every dancer on stage to be seen equally clearly. 在爵士舞和踢踏舞中流行对角线排列，主要是让每一位台上的舞者得到平等的展示机会。

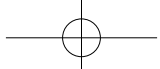
duet [dʊˈet]

■ 释：*n.* 双人舞

■ 例：Student pairs must find their own way to communicate when they do a **duet**. 在跳双人舞的过程中，每组学生都需要找到自己的方式去交流。

Dunhuang dance

■ 释：敦煌舞



■ 艺术类英语核心词汇一本通

■ 例: **Dunhuang dance** is a type of dance that originated from the frescoes in Dunhuang, Gansu province, West China. The dance itself is influenced by Buddha images and Buddhist religion. 敦煌舞源自中国西部甘肃省的敦煌莫高窟, 这种舞蹈本身深受佛像和佛教的影响。

effort ['efɔ:t]

■ 释: *n.* 动力

■ 例: **Effort** is a system for understanding the more subtle characteristics about movement with respect to inner intention. 动力是理解动作的微妙特征的一个系统, 特别是关于内在动机方面。

elevation [ˌelɪ'veɪʃn]

■ 释: *n.* 腾升; 上升

■ 例: I have always felt that one should start working on one's **elevation** by working on one's feet during the barre in class. 我一直感觉, 舞者应该通过课堂上把杆的足部训练来开始自己的上升动作的训练。

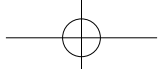
embellishment [ɪm'belɪʃmənt]

■ 释: *n.* (舞蹈) 装饰性动作; 补充动作

■ 例: **Embellishment** is a choreographic device where detail is added to a move, such as a hand gesture or an arm movement. 装饰性动作是编导的一种手法, 即在某个动作上添加细节, 比如一个手势或手臂动作。

expressive form

■ 释: 表达方式



■ 例：Dance is an **expressive form** of dancers' feelings and emotions, conveying a message to the audience. 舞蹈是舞者感觉和情感的表达方式，向观众传递相关信息。

extension [ik'stenʃn]

■ 释：伸展

■ 例：Leg **extensions** can be performed in the ballet, jazz, contemporary, and other styles of dance. 腿部伸展可以通过芭蕾、爵士、当代舞以及其他舞种来表现。

fall and recovery

■ 释：跌倒与复原

■ 例：Humphrey's theory of “**fall and recovery**” stands today as an important tradition in the modern dance family tree. 韩芙莉的“跌倒与复原”理论在当今舞蹈族谱中仍然被认为是重要的传统。

fan dance

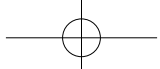
■ 释：扇舞

■ 例：The traditional Chinese **fan dance** has been a part of China's heritage for over two thousand years. 中国传统的扇舞是中国文化遗产的一部分，已经有2000多年的历史了。

first position

■ 释：一位（芭蕾动作）

■ 例：In the **first position**, the heels are together, with toes turned out until the feet are in a straight line. 在芭蕾舞“一位”动作中，脚跟互碰，脚尖指向两旁，呈一字的形状。



flamenco [flə'menjkəʊ]

■ 释: *n.* 弗拉明戈舞

■ 例: If you look closely at **flamenco** dance movements, you may recognize arm, hand, and foot movements that closely resemble those of classical Hindu dance. 如果你仔细观察弗拉明戈舞蹈动作, 就会发现其手臂、手和脚部动作与古印度舞蹈非常相似。

flexibility [ˌfleksə'bɪlətɪ]

■ 释: *n.* 柔韧性

■ 例: **Flexibility** is an important physical characteristic in dance and the one which most distinguishes dancers from non-dancers. 柔韧性在舞蹈中是一种重要的身体特征, 也是专业舞者和非舞者的区别。

float [ˈfləʊt]

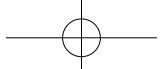
■ 释: *v.* 飘过; 拂过; 悬浮

■ 例: This mesmerizing dance is performed on stage and has an illusion of making the dancers seemingly **float** across the stage. 这部在台上呈现的迷人的舞蹈作品, 给人一种舞者从舞台上飘过的感觉。

flooring [ˈfloːrɪŋ]

■ 释: *n.* 室内地面的材料; 地胶

■ 例: If you have a dance studio or own a theater or are involved in the performing arts, you know how important your **flooring** is. 如果你拥有一个舞蹈工作室或一家艺术剧院, 你肯定清楚地面材料的重要性。



foot arch

■ 释: 足弓

■ 例: Every professional ballerina knows that the **foot arch** is very important to maintain a good ballet experience. 每位职业芭蕾舞演员都清楚, 足弓对于保持良好芭蕾生涯是非常重要的。

force [fɔ:rs]

■ 释: *n.* 力; 力量

■ 例: Modern dancers work creatively with the elements of movement: time, space, and **force**. 现代舞者通过一些动作元素开展富有创造性的工作, 这其中包括: 时间、空间和力量。

foxtrot ['fɒkstrot]

■ 释: *n.* 狐步舞

■ 例: There is more variety in the **foxtrot** than in any other dance, and in some ways, it is the hardest dance to learn. 比起其他舞种, 狐步舞有多样性的特点。从某种程度上, 狐步舞是最难学的舞蹈。

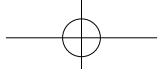
fragmentation [ˌfræɡmen'teɪʃn]

■ 释: *n.* 分解动作

■ 例: **Fragmentation** is a choreographic device where a movement is broken down into smaller units. 分解动作是舞蹈编导的一个技法, 即把一个动作分解成若干个小单元。

genre ['ʒɑ:nrə]

■ 释: *n.* 舞种



■ 艺术类英语核心词汇一本通

■ 例：We have all different **genres** of dances like ballroom, swing, Latin, salsa, country western, folk and tango. 我们有不同的舞种，其中包括国标舞、摇摆舞、拉丁舞、萨尔萨舞、乡村西部舞、民间舞以及探戈舞。

gesture ['dʒestʃə]

■ 释：n. 姿势

■ 例：Many dance **gestures** are almost universal, but there are many variations between cultures. 很多舞蹈动作是有共性的，但一些动作在不同文化间是有差异的。

gliding ['glaidɪŋ]

■ 释：n. 滑步

■ 例：**Gliding** is closely associated with the “moonwalk,” made famous by Michael Jackson. 滑步和迈克尔·杰克逊的“太空步”有异曲同工之妙。

gradual change

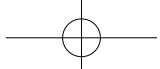
■ 释：渐变

■ 例：There are **gradual changes** and long pauses in the dance which are followed by a change in direction. 在这个舞蹈中，有渐变的动作和较长时间的停顿，随后是方向的改变。

Graham technique

■ 释：格莱姆技法

■ 例：**Graham technique** has been called the “cornerstone” of American modern dance, and has been taught worldwide. 格莱姆技法被称为美国现代舞的“基石”，世界各地都在教授它。



grand battement

■ 释：大踢腿动作（芭蕾）

■ 例：I'm going to demonstrate a **grand battement** front, side, and back. 我将从前、后、侧三个方位演示大踢腿的动作。

group dance

■ 释：群舞

■ 例：The following is a list of past and present **group dances** performed by Beijing Dance Academy. 下面这个表格包含了北京舞蹈学院过去和现在表演的群舞剧目。

gumboot dance

■ 释：胶靴舞

■ 例：Rooted back in the dark gold mine tunnels of South Africa, the **gumboot dance** is performed by dancers wearing wellington boots. 起源于南非黑暗的金矿隧道，胶靴舞是由舞者穿着长筒靴表演的。

hip-hop dance

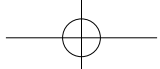
■ 释：嘻哈舞蹈

■ 例：The first dance associated with **hip-hop** was break dancing. 和嘻哈舞有关的第一个舞种就是霹雳舞。

Horton technique

■ 释：霍顿技法

■ 例：**Horton technique** emphasizes a whole body approach to dance that includes flexibility, strength, coordination and body and spatial awareness. 霍顿技法注重从整个身体的角度看舞蹈，具



体包括：灵活性、力量、协调性以及身体和空间意识。

hula dance

■ 释：草裙舞

■ 例：The origin of the **hula dance** in Hawaii was that of a religious ceremony, and today, a hula is often performed at blessings and celebrations. 夏威夷草裙舞起源于宗教仪式，如今在各种祈祷和庆祝仪式上也经常可以看到草裙舞。

improvisation [ˌɪmprəˈvæɪʒən]

■ 释：n. 即兴表演

■ 例：**Improvisation** is to make up a dance as you go along, without planning it beforehand. “即兴表演”就是在你没有事先准备的前提下，随机跳出一段舞蹈。

Indian dance

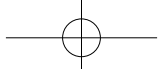
■ 释：印度舞

■ 例：The **Indian dance** tradition is thousands of years old and plays an important part in Hindu culture. 印度舞蹈的传统流传了数千年，在印度文化中起着重要作用。

initial idea

■ 释：初步想法

■ 例：By focusing on developing an **initial idea** into a complete work, students will question their understanding of development and challenge themselves in new directions. 通过把一个初步想法发展成完整的作品，学生质疑自己对于创作的理解，从新的方向挑战自己。



injury [ˈɪndʒəri]

■ 释: *n.* 受伤; 损伤

■ 例: **Injuries** can be devastating to a dance career, but you can reduce their occurrence or avoid them—if you read this book carefully. 身体受伤对于舞者来说是致命性的。如果你认真地读这本书, 你就可以减少受伤或者完全避免受伤。

intensive [ɪnˈtensɪv]

■ 释: *n.* 集训

■ 例: The Dance Professional Workshops are week-long **intensives** that allow students to study with outstanding teachers. 职业舞者工作坊通过为期一周的集训课程, 使学生能有机会跟优秀的教师学习舞蹈。

inversion [ɪnˈvɜːʃn]

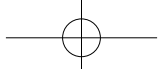
■ 释: *n.* 倒立

■ 例: **Inversion** is the movement that places body upside down in space while weight bearing with arms, hands, shoulders or head. 倒立就是身体在空间中倒置, 重量由胳膊、双手、肩膀或头部承受。

Irish dance

■ 释: 爱尔兰舞蹈

■ 例: In 1990s, *Riverdance* exploded on to the Broadway dance scene, and **Irish dance** has become a worldwide phenomenon since then. 20世纪90年代, 《大河之舞》登上好莱坞的舞台。从那时起, 爱尔兰舞蹈风靡全球。



isolated movement

■ 释：独立的动作

■ 例：Examples of **isolated movement** are rolling the head, shrugging the shoulders, and rotating the pelvis. 独立动作的例子有：转头、耸肩和扭臀。

Jive dance

■ 释：捷舞；牛仔舞

■ 例：**Jive dance** originated in the United States from African-Americans in the early 1930s. It is a lively variation of swing dance. 捷舞起源于20世纪30年代早期的美国黑人舞蹈，它是从摇摆舞演变而来的。

kinesiology [kiˌniːsɪˈɒlədʒɪ]

■ 释：*n.* 运动机能学；人体运动学

■ 例：**Kinesiology** will teach you how the human body works and all the major body systems. 运动机能学将告诉你人体是如何运作的以及人体主要的系统如何组成的。

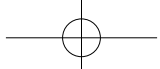
Labanotation [ˌleɪbənəʊˈteɪʃən]

■ 释：*n.* 拉班舞谱

■ 例：If your routines get this complex, it may be time to learn some professional methods of dance transcription such as **Labanotation**. 如果你的舞蹈动作变得如此复杂，也许该学习一些专业的舞蹈改编方法了，例如拉班舞谱。

locomotion [ˌləʊkəˈməʊʃn]

■ 释：*n.* 移动；运动



■ 例: **Locomotion** is effected by means of the legs, with the body fully extended. 运动是通过腿来实现的, 身体是完全伸展的。

Lotus Award

■ 释: 中国舞蹈荷花奖

■ 例: The **Lotus Award**, one of the highest awards of Chinese dance, was established in 1996 with the aim of helping create a world of Chinese dance as pure and graceful as the lotus flower. 自1996年立项以来, 中国舞蹈荷花奖是中国专业舞蹈艺术最高成就奖项之一。它旨在为中国舞蹈界创造一个如荷花般纯洁优雅的环境。

lyrical dance

■ 释: 抒情舞蹈

■ 例: This emotional expression is a critical element in **lyrical dance**. 这种情感表达是抒情舞蹈的重要元素。

master class

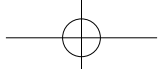
■ 释: 大师课

■ 例: This weekend I'm giving a **master class** to inspire and enthuse about the instrument. 这个周末我将举办一场大师课, 激发大家对这种乐器的热情。

mambo dance

■ 释: 曼波舞

■ 例: **Mambo** is a Latin dance of Cuba which was developed in the 1940s when the music genre of the same name became popular throughout Latin America. 曼波舞是古巴的一种拉丁舞蹈。



它源自20世纪40年代，当时曼波音乐在整个拉丁美洲倍受欢迎。

medieval dance

■ 释：中世纪舞蹈

■ 例：There are several types of **medieval dances**. The most common types were the circle dances, court dances and country dances. 中世纪舞蹈有一些不同的类型。最常见的有：圈舞、宫廷舞和乡村舞。

minimization [ˌmɪnɪmə'zeɪʃn]

■ 释：*n.* 最小化

■ 例：The basic motif of choreography is manipulated by repetition, inversion, ornamentation, **minimization**, etc. 编舞的基本主旨是通过重复、转化、装饰、最小化等方式来实现的。

mirroring dance

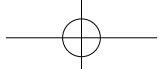
■ 释：镜面舞蹈

■ 例：**Mirroring dance** means that two or more dances do exactly the same thing at exactly the same time, as though they were seeing their own reflections in the mirror. 镜面舞蹈就是两支或两支以上的舞蹈在同一时间做同一套动作，就像舞者们对着镜子里的自己跳舞一样。

motion ['məʊʃn]

■ 释：*n.* 移动；运动

■ 例：Look at the pictures below to see all of the different ways that artists have tried to make a visual suggestion of **motion**. 请看



下面的图片，看看艺术家们试图提出的所有不同的视觉运动建议。

motif [məʊ'ti:f]

■ 释：n. 主旨；动机

■ 例：In a literary work, a **motif** can be seen as an image, sound, action, or other figures that has a symbolic significance, and contributes toward the development of a theme. 在文学作品中，主旨可以被看作是具有象征意义的形象、声音、动作或具有象征意义的其他图形，有助于主题的发展。

movement principle

■ 释：动作原则

■ 例：The use of breath is one of the **movement principles** that unite all the various styles of modern dance. 呼吸的运用是现代舞蹈动作原理之一，它将现代舞蹈的各种风格结合起来。

movement vocabulary

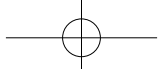
■ 释：动作词汇

■ 例：Students use **movement vocabulary** to help them choreograph and perform their dances for the class. 学生们使用动作词汇来帮助他们编排和表演舞蹈。

muscular strength

■ 释：肌肉力量

■ 例：Just as everyone has different **muscular strength**, we all possess different levels of self-discipline. 就像每个人都有不同的肌肉力量一样，我们有着不同程度的自律能力。



neoclassical ballet

■ 释：新古典芭蕾

■ 例：**Neoclassical ballet** is usually abstract, with no clear plot, costumes or scenery. 新古典芭蕾通常是抽象的，没有清晰的故事情节、服装或场景。

parallel ['pærəleɪ]

■ 释：*adj.* 平行的；并列的

■ 例：At the beginning of the performance, dancers stand still in two **parallel** rows. 在节目一开始，舞者站成平行的两排。

Paso doble

■ 释：斗牛舞

■ 例：**Paso doble** is a two-person dance form which has the man performing as the bullfighter and the woman as the cape. 斗牛舞是一种双人舞，男舞者扮演斗牛士而女舞者充当斗篷。

pathway ['pæθwei]

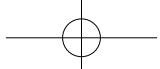
■ 释：*n.* 轨迹

■ 例：The card can be used as a visual resource allowing children to understand how to use **pathways** in the space and how they can make their dances more creative. 纸牌可以作为视觉工具使孩子们明白轨迹在空间中的运行，这样他们可以把舞蹈跳得更有创造性。

Peach & Plum Cup

■ 释：桃李杯（中国国内规格最高的青少年舞蹈大赛）

■ 例：Her numerous awards include best performer, best



performance and best instructor in the nationally acclaimed “**Peach & Plum Cup**” Competition in China. 她在“桃李杯”舞蹈比赛中摘取了最佳演员奖、最佳表演奖和最佳指导教师奖。

peacock dance

■ 释：孔雀舞

■ 例：The **peacock dance** or peafowl dance is a traditional Asian folk dance that describes the beauty and the movement of peacocks. 孔雀舞是亚洲的一种民间舞，它描绘了孔雀的美丽，演绎了孔雀的动作。

pedestrian movement

■ 释：日常生活动作

■ 例：**Pedestrian movement** is a major component in contemporary dance that takes everyday common movements and incorporates them into the choreography. 日常生活动作是当代舞的一种重要元素。它来源于日常生活，并将其融入到舞蹈编创中去。

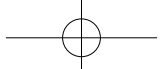
percussive dance

■ 释：打击舞

■ 例：Tap dance is one of America’s major contributions to the world of **percussive dance**, born out of the melding of African and European dance traditions. 踢踏舞是美国对世界打击舞蹈的贡献之一，它源自非洲与欧洲的传统舞蹈，是一种融合型舞蹈。

performance ethnography

■ 释：表演人种志（研究）



■ 艺术类英语核心词汇一本通

■ 例: **Performance ethnography** is a form of research that takes data collected through participant observation field notes and in-depth interviews. 表演人种志研究是通过参与者的田野观察笔记和深度访谈来获得数据的。

performance etiquette

■ 释: 演出礼节; 表演规范

■ 例: Arriving on time for rehearsals and productions is a general **performance etiquette**. 准时到达排练现场是基本的演出礼节。

Pilates [pɪˈlɑːtiːz]

■ 释: *n.* 普拉提

■ 例: To enjoy the benefits of **Pilates**, all you need is a Pilates mat, and enough room to lie down on it. 要享受普拉提运动带来的快乐, 你所需的只是一张普拉提垫子以及足够放垫子的空间。

pivot turn

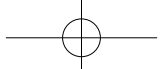
■ 释: 轴转; 轴转步

■ 例: In dance, a **pivot turn** is a general classification for dance turns in which the performer's body rotates about its vertical axis without traveling. 在舞蹈中, 轴转是旋转动作的一种, 舞者的身体围绕着纵轴旋转而不需移动。

Poisson ['pɔɪzən]

■ 释: *n.* 鱼跃 (芭蕾动作)

■ 例: **Poisson** means 'fish movement' in which the dancer bends its back at the height of the jump, feet placed together and



pointes crossing to form a fishtail. “鱼跃”是指舞者在跳起时将背部弯成拱形，两腿并拢延伸，足尖交叉，就像鱼的尾巴。

pointe shoes

■ 释：足尖鞋

■ 例：**Pointe shoes** is a type of shoe worn by ballet dancers when performing pointe work. 足尖鞋是一种由芭蕾舞演员在进行舞台表演时穿着的鞋履。

pole dance

■ 释：钢管舞

■ 例：**Pole dance** combines dance and acrobatics centered on a vertical pole. 钢管舞是舞蹈和体操的结合，通常是围绕着一根垂直的管子舞动。

postmodern dance

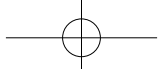
■ 释：后现代舞蹈

■ 例：This piece exemplifies many of the peculiar features of American **postmodern dance**. 这部舞蹈作品体现了美国后现代舞的很多与众不同的特征。

practical workshop

■ 释：实践性工作坊

■ 例：This unit allows learners to explore the process of making performance and to experiment with and try out performance ideas in **practical workshop** situations. 这一单元可以使学习者探索编创过程，并且把他们的想法通过实践工作坊来实验。



prerequisite [ˌpri:'rekwəzɪt]

■ 释: *n.* 先决条件; 必备条件

■ 例: There are no **prerequisites** for any of our youth dance classes unless otherwise specified in the class description. 除非在课程描述里有特别说明, 我们的少儿舞蹈课程没有任何先修条件。

primitive dance

■ 释: 原始舞蹈

■ 例: **Primitive dance** is a dance which is considered as dance in its purest form because this particular dance form has not been refined, developed, trained, or guided by an artist. 原始舞蹈是一种最纯粹的舞蹈形式, 因为它没有被艺术家改良、训练或指导。

principles of dance composition

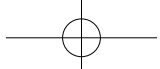
■ 释: 编舞原理

■ 例: **Principles of dance composition** that have been identified are movement, unity, variety, balance, rhythm, emphasis, contrast, proportion, and pattern. 编舞原理包含了动作、一致性、变化、平衡、节奏、强调、对比、比例和模式等元素。

professionalism [prə'feʃənəlɪzəm]

■ 释: *n.* 职业化; 专业水平

■ 例: A respectable dance teacher should always be at the pinnacle of **professionalism**. 一个受人尊敬的舞蹈教师应该总是处于专业水平的顶端。



quickstep ['kwɪkstep]

■ 释: *n.* 快步舞

■ 例: The **quickstep** is a light-hearted dance of the standard ballroom dances. The movement of the dance is fast and powerfully flowing. 快步舞是国标舞中最为轻快欢乐的舞蹈, 它的动作快速且富有流畅性。

rehabilitation [ˌri:əˌbɪlɪ'teɪʃn]

■ 释: *n.* 康复

■ 例: This paper will address **rehabilitation** issues in relation to dance. 本文将讨论与舞蹈相关的康复问题。

rehearsal [rɪ'hɜ:rsəl]

■ 释: *n.* 排练

■ 例: **Rehearsal** is the preparation for a particular stage performance. 排练是为特定的舞台表演做的准备。

ribbon dance

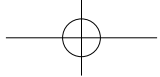
■ 释: 丝带舞; 彩带舞

■ 例: The Chinese **ribbon dance** is a performance that features dancers whirling long strips of silk through the air. 在中国彩带舞中, 舞者通常在空中挥舞长绸。

ritual dance

■ 释: 祭祀舞蹈; 仪式舞蹈

■ 例: The persons who initiate and lead **ritual dances** are those who hold the collective knowledge of the village. 发起和主持仪式舞蹈是那些全面了解村庄的人。



solo ['səʊləʊ]

■ 释: *n.* 单人舞

■ 例: A **solo** dance is danced by an individual dancing alone. 独舞是由一个人单独跳的舞。

somatic practice

■ 释: 身心学实践

■ 例: Many traditional Asian movement disciplines influenced the Western **somatic practices** that emerged in the twentieth century. 许多传统的亚洲运动学科影响了20世纪出现的西方身心学实践。

spatial awareness

■ 释: 空间感知; 空间意识

■ 例: Here are five ways to improve your child's **spatial awareness**. 这里有五种方法可以提高您孩子的空间感知力。

spin technique

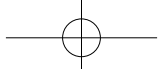
■ 释: 旋转技术; 旋转技巧

■ 例: The benefits of dance shoes never outweigh the benefits of proper **spin technique**. 掌握正确旋转技巧带来的益处, 远超过一双好的舞蹈鞋。

square dance

■ 释: 广场舞

■ 例: **Square dance** becomes very popular in China these years. 广场舞近些年在中国很流行。



stamina [ˈstæmɪnə]

■ 释: *n.* 耐力; 持久力

■ 例: Dance may look effortless, but it requires a lot of strength, flexibility and **stamina**. 跳舞看上去很轻松,但实际上它需要力量、灵活性和耐力。

stillness [ˈstɪlnəs]

■ 释: *n.* 静止; 静态

■ 例: Though dance is a moving art form, sometimes it is necessary to concentrate on **stillness** in dance. 尽管舞蹈是一种动态的艺术形式,关注舞蹈中的静态还是很有必要的。

strength [streŋθ]

■ 释: *n.* 力量

■ 例: Dancers who fail to recognize the importance of **strength** in realizing their potential may never reach it. 凡是没有认识到力量重要性的舞者,也不会挖掘出自己的潜力。

structural elements

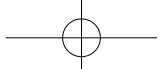
■ 释: 结构要素

■ 例: Students are expected to describe the **structural elements** particular to a dance drama. 学生被要求描述这个舞剧的结构要素。

structured tasks

■ 释: 结构性任务

■ 例: Students need to complete **structured tasks** and activities. 学生需要完成结构性的任务和活动。



■ 艺术类英语核心词汇一本通

studio rental

■ 释：练功房租用

■ 例：Here is the list of top 10 best dance **studio rental** in New York City. 这是纽约市前十名舞蹈练功房租用商家的名单。

sword dance

■ 释：剑舞

■ 例：Often seen in Chinese film and theatre, **sword dance** is a core discipline in traditional Chinese classical dance training. 在中国电影和戏剧中经常看到的剑舞，是中国古典舞训练的核心科目。

symmetrical [sɪ'metɪkəl]

■ 释：*adj.* 匀称的，对称的

■ 例：You can have students choreograph their own dance using a variety of **symmetrical** and asymmetrical shapes. 你可以让学生们通过运用不同的对称和非对称形状来编排他们自己的舞蹈。

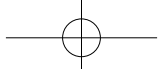
technical mastery

■ 释：技巧掌握

■ 例：Students in this program demonstrate **technical mastery** and devote their college study to an intensive and comprehensive dance curriculum. 这个项目的学生展示了对技术的掌握。在大学里，他们主要集中学习了综合性舞蹈课程。

tendu [ten'dʌ]

■ 释：*n.* 足尖擦地（芭蕾动作）



■ 例：We show how every **tendu** or gesture with the arm is fully investigated. 我们展示了每一个足尖或手臂的动作是如何被充分设计出来的。

term [tɜ:rm]

■ 释： *n.* 术语

■ 例：Ballet terminology is like another language in the dance world, which is based in French and there are hundreds of **terms**. 在舞蹈世界中，芭蕾舞术语好像一门外语。因为它源于法语，有数百个术语。

theatre lighting

■ 释：舞台灯光

■ 例：**Theatre lighting** is the craft of lighting as it applies to the production of theater, dance, opera, and other performance arts. 舞台灯光照明是一门灯光艺术，应用于戏剧、舞蹈、歌剧和其他表演艺术中。

tilt [tɪlt]

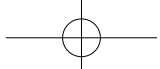
■ 释： *n.* 倾斜

■ 例：Normally, most people can execute a 20-degree **tilt** and even the most proficient dancers tend to peak at 30 degrees. 一般情况下，大多数人可以完成20度的身体倾斜，即使是专业舞者最多也就能完成30度的倾斜。

torso [ˈtɔ:rsəʊ]

■ 释： *n.* 躯体；躯干

■ 例：We are now going to do a simple dance using neck and



■ 艺术类英语核心词汇一本通

torso movements. 我们要跳一个简单的舞蹈，仅仅包含颈部和躯体动作。

touring repertory

■ 释：巡演剧目

■ 例：To get a glimpse of some of the current **touring repertory**, please follow the link below. 如想查看目前的巡演剧目，请点击下面的链接。

trance dance

■ 释：幻境舞蹈

■ 例：**Trance dance** allows the mind to empty itself. Through the healing power of unedited movement, the spirit is invited to reside within, allowing the dancers to weave themselves back to wholeness. 幻境舞蹈可以使舞者清空自己的大脑。通过未加工舞蹈动作的治愈力，舞者的精神回归自身，从而使舞者全身心回归自我。

transition [træn'ziʃn]

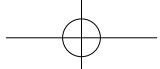
■ 释：*n.*（动作间的）过渡、转换

■ 例：**Transitions** enable the dancers to catch their breaths and demonstrate flexibility. 动作间的过渡可以让舞者调整呼吸，使其身体灵活。

Turkish dance

■ 释：土耳其舞蹈

■ 例：Facing three seas, straddling important trade routes, Turkey has a complex, sophisticated culture, reflected in the variety of



Turkish dances. 土耳其三面临海，是世界上重要的贸易通道。土耳其舞蹈反映了其文化的复杂性和多样性。

tutu ['tu:tʊ:]

■ 释: *n.* 芭蕾舞裙 (法)

■ 例: Whether you're a classic or contemporary ballet dancer, the **tutu** is an inevitable part of your outfit. 不论你是古典芭蕾舞者还是现代芭蕾舞者，芭蕾舞裙都是你舞台服装不可缺少的一部分。

unison ['ju:nɪsn]

■ 释: *n.* 一致；整齐

■ 例: Dancer must maintain the rhythm in **unison**. 舞者必须保持与节奏的一致性。

urban dance

■ 释: 流行编舞

■ 例: There are especially many studios specializing in hip hop and **urban dance**. 这里有许多专门从事嘻哈和流行编舞的工作室。

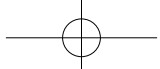
variation [ˌvɛrɪ'eɪʃn]

■ 释: *n.* 变奏；变化

■ 例: In a classical grand pas de deux, the ballerina and danseur each perform a **variation**. 在经典芭蕾的大双人舞中，男女演员各自跳一段变奏。

vertical jump

■ 释: 垂直跳



■ 艺术类英语核心词汇一本通

■ 例：Our purpose is to examine the differences in a **vertical jump** technique of a dancer and basketball player. 我们的目的是考察舞者和篮球运动员垂直跳的不同点。

vital capacity

■ 释：肺活量

■ 例：Dancers have beautiful, perfect posture; superior development of the torso and tremendous **vital capacity**. 舞者不仅拥有完美的舞姿和优雅的身姿，还有强大的肺活量。

waltz [wɔ:ls]

■ 释：*n.* 华尔兹舞

■ 例：**Waltz** is a highly popular ballroom dance evolved from the Ländler in the 18th century. 华尔兹是一种非常流行的国际标准舞，它从德国18世纪的民俗舞蹈兰德勒演变而来。

warm-up

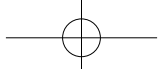
■ 释：热身活动

■ 例：**Warm-up** is a series of activities that gradually increase your heart rate and blood flow to muscles. 热身运动是一系列逐渐增加心率和肌肉血流量的活动。

warm-down

■ 释：（剧烈运动后的）整理活动

■ 例：Here are some generally safe and effective **warm-down** stretches for you to practice. 下面是一些安全有效的整理伸展运动，供你练习。



water ballet

■ 释：水上芭蕾

■ 例：Did you know synchronized swimming is also known as **water ballet**, and it has attracted millions of fans all over the world over the past few decades? 你知道同游表演吗？就是水上芭蕾。在过去的几十年中，它吸引了全世界数百万的粉丝。

windmill [^lwɪndmɪl]

■ 释：*n.* 风车（嘻哈舞动作）

■ 例：The **windmill** is a hip-hop dance move where the legs are lifted high in the air and twisted in a windmill pattern, while the torso and head rest against the floor. 嘻哈舞风车动作就是双腿在空中像风车一样使劲甩起来，同时头部和躯体作为地面的支点。

Yangge

■ 释：*n.* 秧歌

■ 例：**Yangge** is a representative folk dance that combines music, dance and feats, each distinguished by different manipulations of the silk handkerchiefs and different movements of the feet. 秧歌是一种具有代表性的民间舞蹈，将音乐、舞蹈、技艺融为一体，每种秧歌因手绢和步法的不同而各具特色。