

Folk Dancing

Teaches Music and Culture, One Step at a Time

民族舞蹈

跳出國家的風采！

by Jonathan McDougall



Do you want to learn about music, art, and **expression**¹? Are you ready to find out about people's roots and culture? Or perhaps you just want to get out of your seat, move around, and get some exercise. **No matter what your reason is**, there's something for you to love about **folk**² dancing!

You may ask: What is folk dancing? It's a type of dancing that celebrates people's cultural roots. The styles can **vary**³ a lot, as each folk dance comes from a different group of people. They are usually performed at social gatherings and can tell a culture's stories or just show pride in the culture. Folk dances are usually performed by people who are not **professional**⁴ dancers. Folk dances are **passed down** through the generations by observing and copying.

The dances are usually done to traditional folk music, which can have words that tell a story or be played **purely**⁵ with instruments. The dancers often wear traditional clothes during their performances. These clothes show their cultural identity and create a sense of **unity**⁶ within the group. Folk dances are often performed at festivals, cultural gatherings, or events that have to do with farming. ▶

4U
Chat

Can you think of any traditional dances in Taiwan? Talk about them.

One traditional dance in Taiwan that I know is called...

Vocabulary

* 表示近五年大考出現字彙

- *1. **expression** [ɪk'sprɛʃən] *n.* 表達；表現
Paul plays the guitar with a lot of **expression**—it's like you can hear what he's feeling!
- *2. **folk** [fɒk] *adj.* (藝術、習俗、故事等) 民間的，傳統的
This lovely pot was made in a village in Japan and is an example of the beautiful **folk** art there.
- *3. **vary** ['vɛɪ] *v.* 有所不同；相異
We typically serve about 2,000 customers per day, although that number can **vary**. Some days we serve more than 3,000!
- *4. **professional** [prə'feʃənəl] *adj.* 專業的；非業餘的
Scarlet is a **professional** actor. She has a part on a popular TV show.
- 5. **purely** ['pjʊəli] *adv.* 純粹地；完全地
These shoes were made **purely** by hand—no machines were used!
- *6. **unity** ['juːnəti] *n.* 團結；統一；一致
The **unity** among the members of the team helped them achieve their goal.

字彙小補帖：僅供參考 (文章中畫底線之字詞)

- gathering [ˈgæθərɪŋ] *n.* 集會；聚會
- generation [ˌdʒɛnə'reɪʃən] *n.* 代；一代

Pocket Phrase

pass sth down 把 (知識或技能) 往下傳

My grandfather **passed down** his guitar skills to my dad, and he passed them down to me.

我的祖父將他的吉他技巧傳授給我爸，我爸再將他所學傳授於我。

4U Extras

1. 第 2 行的名詞 **root** 在此處表示「根源」。
2. 第 6 行與第二天第 15 行的 **as** 為連接詞，表示「因為」。



Give It a Shot 綜合練習

1 請圈出正確的答案

(Wherever / Whichever) I go, my mom always calls me and reminds me to not stay out too late.

2 引導式翻譯

我現在要跟我家外外出吃午餐。不管誰打電話來，告訴他們我在忙。

I'm going out for lunch with my family. _____

解答請參閱 p. 79

Language in Focus

no matter + 疑問詞的用法

「no matter + 疑問詞」形成從屬連接詞引導副詞子句，可修飾主要子句，意指「無論...」。

no matter { **what/where/who/when/which/whom** + S + V/beV...
how + adj./adv.

- **No matter what** your reason is, there's something for you to love about folk dancing! (課文第 3~4 行)
- **No matter whom** you're shopping for, you'll find something at this store.
不論你是要買東西給誰，你都能在這間店找到適合的物品。
- Parents should never hit their children, **no matter how** angry they are.
父母無論有多生氣，都不應該打小孩。

當疑問詞作為主詞而非受詞用時，公式則變為：

no matter **what/who/which** + V/beV...

- **No matter who** comes to this restaurant, they always find the food delicious and the service friendly.
無論誰來到這家餐廳，他們總是覺得食物美味，服務友好。



「no matter + 疑問詞」可用「疑問詞 + ever」來代替：

no matter what = whatever	no matter when = whenever
no matter who = whoever	no matter which = whichever
no matter where = wherever	no matter how = however
no matter whom = whomever	

- **No matter which** train you choose to take, make sure you arrive at the station early.
= **Whichever** train you choose to take, make sure you arrive at the station early.
無論你選擇搭哪一班火車，請確保你會提早抵達車站。
- You can always find great deals **no matter when** you visit the discount store.
= You can always find great deals **whenever** you visit the discount store.
無論你何時去折扣商店，你總是能找到划算的商品。

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今日課程
隨掃即看！

As discussed yesterday, folk dancing comes in many styles. Each one is different and significant in its own way.

In Hawaii, hula has been used for hundreds of years to tell stories about gods, **legends**, and nature. Before the Hawaiians had developed a writing system, they communicated using dance and song. For a dance with a different purpose, **check**

out the Morris dance, which is a folk dance from England.

The dancers wear bells on their legs and clap **handkerchiefs**¹, sticks, or **swords**² together as they perform.

The Morris dance is often performed at festivals, as it's believed to bring good luck.



英格蘭的
莫里斯舞
(Morris dance)
[ˈmɒrɪs]



夏威夷舞
(hula
[ˈhʊlə])



If you like a dance that's modern and **energetic**³, check out the sirtaki in Greece. This dance is often performed at weddings and **is known for** being fast and full of life. If you're looking for something more **romantic**⁴, you're sure to love the tango in Argentina. This **sexy**⁵ dance is performed by couples, and is full of emotion.

Of course, these are **merely**⁶ examples. If there's a country or culture that you're interested in, check to see what folk dances they have. You may learn something new!

4U Extras

- 第 1 行的動詞 come 意思可解讀為「存在」，常見用法為「come in + 風格／顏色／形狀／尺寸等」。
- 文章中出現許多國家的相關名詞：第 4 行的 Hawaii [hə'waɪ] 為美國的五十州之一的「夏威夷州」，而 Hawaiian [hə'waɪən] 為名詞，指的是「夏威夷人」；第 9 行的 England [ˈɪŋɡlənd] 意思為「英格蘭」；第 17 行的 Greece [ɡriːs] 為南歐國家「希臘」；而第 19 行的 Argentina [ˌɑːrdʒənˈtiːnə] 則為南美國家「阿根廷」。
- 第 11 行的動詞 clap 意思為「拍擊」。
- 第 18 行的名詞 life 在此處表示「活力；生氣」。

4U
Chat

Aside from writing and music, what are some other ways that stories are told? Talk about them.

Another way stories are told is by...

希臘的
sirtaki 舞蹈
[ˌsɜːˈtɑːki]



Vocabulary

* 表示近五年大考出現字彙

1. **handkerchief** ['hæŋkətʃɪf] *n.* 手帕
I keep a **handkerchief** in my back pocket for drying my hands or face after washing them.
- *2. **sword** [sɔ:d] *n.* 劍；刀
Knights often used **swords** to protect themselves and fight their enemies.
3. **energetic** [,ɛnə'dʒɛtɪk] *adj.* 精力充沛的；充滿活力的
Kathy got a great night's sleep yesterday, so she feels **energetic** and happy today.
4. **romantic** [ro'mæntɪk] *adj.* 浪漫的；關於愛情的
Jack prepared a **romantic** dinner and lit candles. His girlfriend thought it was very sweet.
5. **sexy** ['sɛksɪ] *adj.* 性感的
Jason wants to watch this movie because he thinks the main actor is very **sexy**. He thinks she's the most beautiful actor he has ever seen.
- *6. **merely** ['mɪrli] *adv.* 僅僅；只
Tom was **merely** a simple factory worker, not a rich businessman.

字彙小補帖：僅供參考（文章中畫底線之字詞）

- legend ['ledʒənd] *n.* 傳說；傳奇故事

Pocket Phrase

1. **check out sth** 瞧瞧…
Let's go to the bank, and then we can **check out** that new Italian restaurant.
我們去銀行吧，接著就可以去那家新開的義大利餐廳看看。
2. **be known for sth** 以…（特色）為人所知
Tom Cruise **is known for** his action films, including the *Mission Impossible* movies.
湯姆·克魯斯以他的動作電影著名，包括《不可能的任務》系列。



Give It a Shot Reading Comprehension

- 1 According to the article, what is folk dancing?
(A) A new way to exercise and get fit.
(B) A method by which groups challenge each other.
(C) A type of professional dancing skill.
(D) A way to celebrate people's cultural roots.
- 2 How does the article say people learn folk dancing?
(A) They watch older people do it and follow them.
(B) They learn it in school from their teachers.
(C) They are taught it by professional dancers.
(D) They go to festivals to take lessons.
- 3 Which dance is known for being really fast and full of energy?
(A) Hawaii's hula dance.
(B) The Morris dance from England.
(C) Greece's sirtaki dance.
(D) The tango dance from Argentina.

解答請參閱 p. 79



阿根廷的探戈舞
(tango ['tæŋɡo])



Let's Dance!

Are you ready to get out of your seat and have some fun? Today we're going to learn some basic folk dance steps from the Philippines. The music should be in 2/4 time, with one and two counts.

- 2/4 time 二四拍
- count *n*. 節拍

Basic level:

- 1. Touch step:** On the first count, step forward with your right foot, touching the floor with your toes. On the second count, return your right foot to its original position. On the next first and second counts, repeat with your left foot.
- 2. Bleking step:** This step is the same as the touch step, but instead of touching the floor with your toes, you rest your foot on its heel.
- 3. Close step:** On the first count, take a step to the side with your right foot. On the second count, bring your left foot over to meet your right foot. On the next first and second counts, repeat starting with your left foot, then bringing the right to meet it.
- 4. Hop step:** On the first count, move your right foot to the side. On the second count, raise your left foot, and hop once on your right foot. On the next first count, move your left foot to the side. On the next second count, raise your right foot, and hop once on your left foot.

Advanced level:

1. Plain polka step:

On the first count, step to the side with your right foot. Halfway through the first count, bring your left foot to meet the right one. On the second count, take one more step to the side with your right foot. On the next two counts, repeat the previous two steps, but switch the roles of the right and left feet. If it helps, you can count "one and two, one and two..."

2. Heel toe change step:

On the first count, step forward with your right foot and touch the floor with your heel. On the second count, touch the floor with your toe. On the next first count, move your right foot to the side. Right after this, bring your left foot to meet the right. On the second count, step on the spot with your right foot. Repeat, switching the roles of the left and right feet. You can count "one, two, one and two..."

