何謂印「蹈」？ 寶萊塢? 古典 vs 現代?

What is "DANCES OF INDIA"?

What is "BOLLYWOOD" ??

CLASSICAL vs MODERN style???

何謂印「蹈」？

What is "DANCES OF INDIA"?

印度舞種類繁多，大致分為古典舞、民族舞和寶萊塢舞蹈（電影舞蹈）。

There are a wide variety of Indian dances and basically includes **Indian classical dances**, **Folk dance** and **Bollywood dance**.

Watch video => https://youtu.be/hyyIZyyXysQ

INDIAN CLASSICAL DANCE印度古典舞

BOLLYWOOD DANCE寶萊塢舞蹈

INDIAN FOLK DANCE印度民族舞

Photo credit : Karen Chow, Paul Wan

古典舞 Indian classical dance
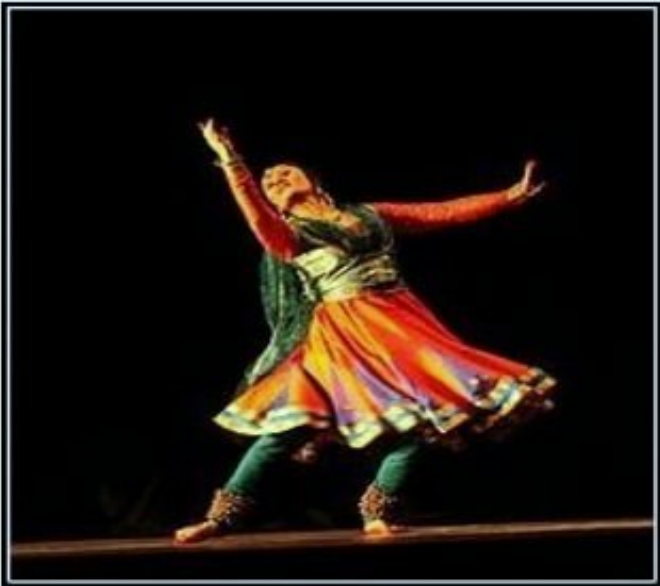
Kathak · Kathakali · Mohiniattam · Odissi · Kuchipudi · Bharatnatyam · Sattriya · Manipuri
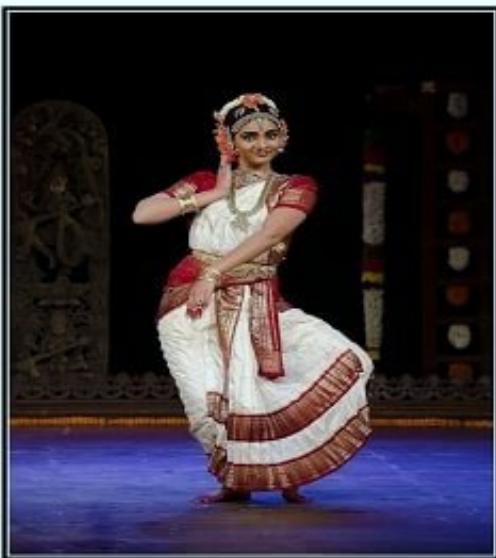
Classical Dances of India
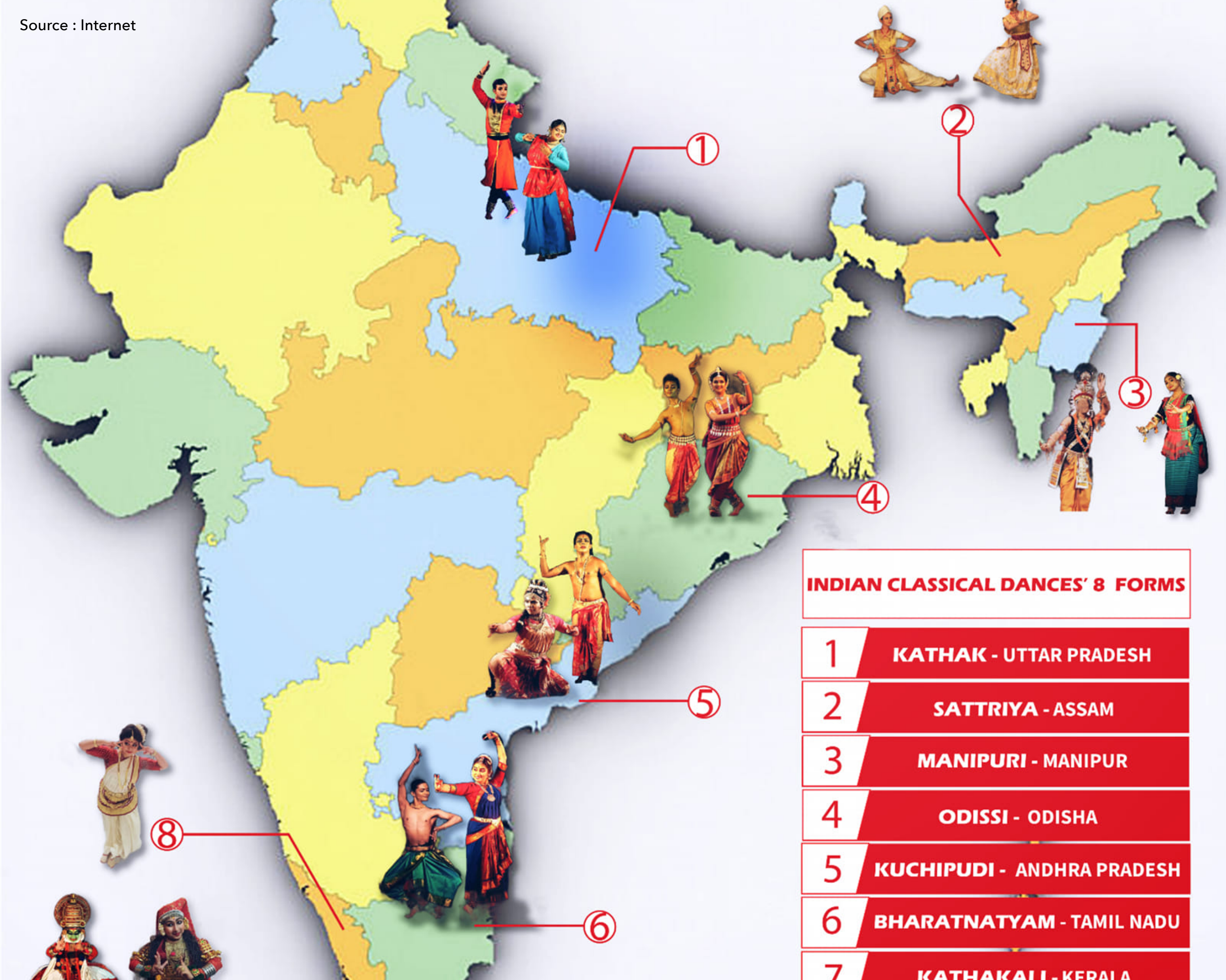
INDIAN CLASSICAL DANCES' 8 FORMS

1	KATHAK - UTTAR PRADESH
2	SATTRIYA - ASSAM
3	MANIPURI - MANIPUR
4	ODISSI - ODISHA
5	KUCHIPUDI - ANDHRA PRADESH
6	BHARATNATYAM - TAMIL NADU
7	KATHAKALI - KERALA

4 types of Indian classical dance in HONG KONG

1. Bharantanaytam
2. Kathak
3. Kuchipudi
4. Mohiniyattam

民族舞 Indian Folk dance

民族舞
INDIAN FOLK DANCE

India is a land of cultural diversity and it can clearly be seen in India traditional dance forms. There are **28 states in India** and **each state of India has its own culture and tradition.** Basically, Indian folk and tribal dances are simple and are performed to express joy during arrival of seasons, birth of a child, wedding and festivals.Bollywood has portrayed those dance forms beautifully in some of the Bollywood dance movies.

Source:
Internet

Jammu & Kashmir:
Rauf, Hikat, Mandjas, Kud Dandi Nach

Haryana:
Jhumar, Phag, Daph, Dhamal, Loor, Goga, Khor

Himmachal Pradesh:
Jhora, Jhali, Chharhi, Dhaman, Chhapeli, Mahasu, Nati

Assam:
Bihu, Bichhua, Natpuja, Maharas, Kaligopal, Bagurumba, Naga dance

Sikkim:
Chu Faat, Sikmari, Singhi Chaam (snow lion), Yak Chaam, Denzong Gnenha, Tashi Yangku

Arunachal Pradesh:
Buiya, Chalo, Wancho, Pasi Kongki, Ponung, Popir, Bardo Chham

Madhya Pradesh:
Jawara, Matki, Aada, Khada Nach, Phulpati, Grida, Selalarki, Selabhadoni

Punjab:
Bhangra, Giddha, Daff, Dhaman, Bhand

Uttarakhand:
Garhwali, Kumayuni, Kajari, Jhora, Raslila

Uttar Pradesh:
Nautanki, Raslila, Kajri, Jhora, Chhapeli

Meghalaya:
Ka Shad, Suk Mynsiem, Nongkrem, Lahoo

Rajasthan:
Ghumar, Chakri, Ganagor, Jhulan Leela, Jhuma, Suisini, Ghapal, Kabeliya

Bihar:
Jata-Jatin, Bakho-Bakhain, Panwariya

Nagaland
Rangma, Bamboo danc Zeilang, Nsuirolians, Gethinglim

Tripura:
Hojagiri

Manipur:
Dol Cholam, Thang Ta, Lai Haraoba, Kartal Cholom, Khamba Thoibi

Gujarat:
Garba, Dandiya Raas, Tippani Jurian, Bhavai

West Bengal:
Kathi, Gambhira, Dhali, Jatra, Baul, Marasia, Mahal, Keertan

Mizoram:
Cheraw, Khuallam, Chailam, Sawlakin, Chawnglaizawn, Zangtalam

Maharashtra:
Lavani, Nakata, Koli, Lezim, Gafa, Dahikala Dasavatar

Jharkhand:
Alkap, Karma Munda, Agni, Jhumar, Janani Jhumar, Mardana Jhumar, Paika, Phagua

Odisha:
Savari, Ghumara, Painka, Munari

Goa:
Tarangmel, Koli, Dekhni, Fugdi, Shigmo, Ghode, Modni, Samayi Nrutya, Jagar, Ranmale, Gonph, Tonnya Mell

Chattisgarh:
Gaur Maria, Panthi, Raut Nacha, Pandwani, Vedamati, Kapalik, Bhartari Charit, Chandaini

Karnataka:
Yakshagana, Huttari, Suggi, Kunitha, Karga

Andhra Pradesh:
Vilasini Natyam, Andhra Natyam, Bhamakalpam, Veeranatyam, Dappu

Kerala:
Ottam Thullal, Kaikottikali

3 folk dances you can LEARN in Hong Kong

- **BHANGRA (Folk dance of PUNJAB)**

https://youtu.be/TlB4ya0oAkE

- **DANDIYA**

https://youtu.be/ejJpK-Pzdwk

- **GARBA**

https://youtu.be/JyeJb_43Chc

寶萊塢舞蹈 Bollywood dance

編舞及舞蹈
Choreographer & performer
Uday Sathala

孟買＋荷里活＝寶萊塢！
BOMBAY+HOLLYWOOD = BOLLYWOOD!

The term BOLLYWOOD was created by combining two names, Bombay (the city now called Mumbai) and Hollywood. Bollywood based in Mumbai (Bombay), is India's - and the world's - largest FILM INDUSTRY in terms of the number of films produced, and also the number of tickets sold each year.

BOLLYWOOD 一詞是由兩個名字組合而成的，即孟買（現在稱為孟買）和好萊塢。寶萊塢總部位於孟買（孟買），就電影製作數量和每年售出的門票數量而言，它是印度乃至世界上最大的電影產業。

Photo credit : Paul Wan

寶萊塢已經超過100年歷史
Dance in 100 Years of BOLLYWOOD

Indian cinema originally began with a **silent movie** in **1913**. It has been **over 100 years in history**.

The style of dancing in earlier Bollywood films was based on **Indian classical dance or folk dances** from various parts of India. In the late **50s & 60s,** group dances began to evolve in Bollywood as films and choreographers started managing larger groups of dancers with influences from folk dances. Then came the era of **color films**, and by then, Indian cinema was blessed with great dancers whose their outstanding energy and performance mesmerized the audiences and took dance to the next level.

Bollywood dance began to change in the **70s**. The **cabaret style** of dance became more mainstream and was implemented in many movies. Later on, cabaret was replaced by disco, which was a worldwide phenomenon at the time. After experimenting with classical, folk, cabaret, and **disco styles** of dance came an era which introduced a free movement style of dance.

Since the **1980s**, Bollywood dancing has been heavily influenced by **Western dance styles until NOW**. The success of Bollywood dance can be seen through the artists like Britney Spears, Shakira and the Pussycat Dolls incorporating the Bollywood style of dance and music into their songs, videos and concerts.

LIFE OF PI

少年派的奇幻漂流

作死不離三兄弟

MILLIONAIRE

4 GOLDEN GLOBE WINNER
BEST PICTURE
BEST DIRECTOR
BEST ORIGINAL SCORE
BEST SCREENPLAY

貧民窟的百萬富翁

Source : Internet
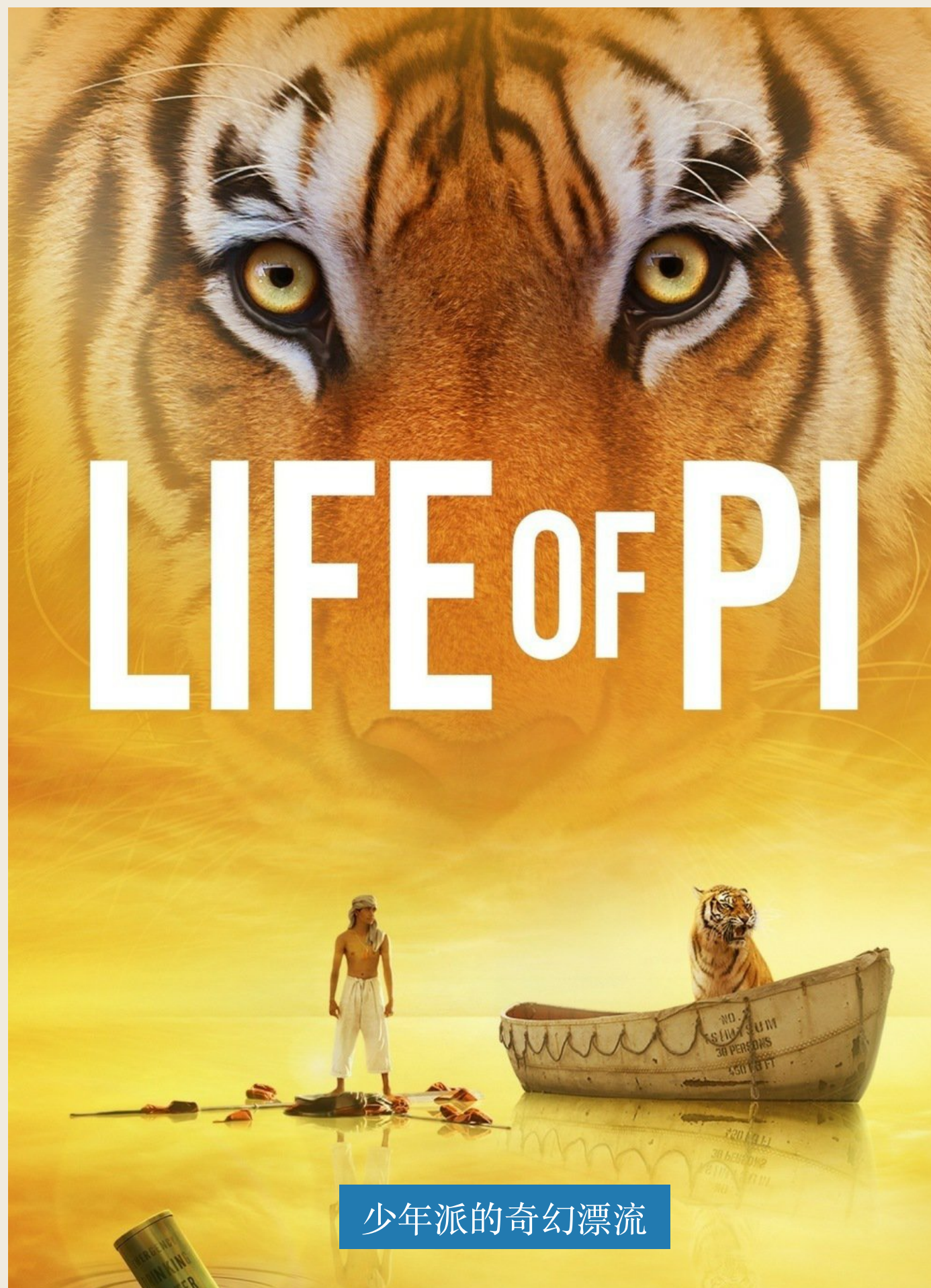
如何欣賞印「蹈」？
HOW to appreciate Indian dance?

印度古典舞蹈和其他國家舞蹈最大的不同，就是印度古典舞蹈宛如做瑜伽或冥想一樣，阻止其他事情影響自己，維持自己的本我，還要把自己的內心和靈魂拉出來投入舞蹈中，就能更深入本我、深入舞蹈，所以印度古典舞蹈也是一種偉大的哲學。

在觀賞印度古典舞蹈時，看似有著許多重複或類似的舞蹈動作，且節奏明快，但往往一段幾分鐘的舞蹈，就包含了50多個動作，其中包括手勢及頭、腰、腳的擺動，還有內心所想、面部表情，透過這些種種複雜且快速的動作，來呈現所述說神話故事中的七情六慾、天地山水等自然景物或晝夜等自然現象。

對觀賞印度古典舞蹈的人來說，有時只要單純地去感受舞蹈之美，透過心與心去連結即可。

The biggest difference between Indian classical dance and dances in other countries is that Indian classical dance is like doing yoga or meditation. It prevents other things from affecting oneself, maintains one's own self, and pulls out one's heart and soul into the dance. Go deeper into the self and dance deeply, so Indian classical dance is also a great philosophy.

When watching Indian classical dance, it seems that there are many repetitive or similar dance movements, and the rhythm is bright, but often a few minutes dance contains more than 50 movements, including gestures and head, waist, and foot swings. There are also inner thoughts and facial expressions. Through these various complex and fast movements, natural scenes such as seven emotions and six desires, heaven, earth, mountains and waters, or natural phenomena such as day and night in the myths and stories are presented.

For those who watch Indian classical dance, sometimes they just need to simply feel the beauty of the dance and connect with the heart through the heart.

故事化舞步、面部表情、造手

STORYTELLING

1. Dance movements

2. Facial Expression

3. Hand Gestures

舞步
BASIC DANCE MOVEMENTS

HIPS (THUMKAS)

1. Drop - lift

2. Twist

3. Side to side

4. Circles

5. Figure of eight

FOOTWORK

1. Dipping steps (Left and right legs / Direct front, back and side to side / with a turn, left and right / with a thumka)

2. Jump and step

3. Jump and dip

TURNS

Three steps side turn

造手 **Hand Gestures**

Source : Internet

面部表情 Facial expression

Facial expression
面部表情

行一：愛：愛結合、愛別離/笑聲、幽默/憐憫、哀傷

行二：憤怒/ 英雄氣概/ 恐懼

行三：厭惡 / 驚訝、奇蹟 / 寧靜

齊齊學

DANCING TOGETHER!!!!

跳舞不應該是特定族群的專利，不論姓名、年紀，不論外型、種族。只要你願意，舞蹈都可以成為你生命的一部分。

EVERYBODY CAN DANCE regardless of age, appearance, race etc
As long as you want, <u>DANCE can be a part of your life.</u>