



PROGRAM

中国少数民族歌舞团

演出节目单



1. Opening dance *Wish You Every Good Luck*

Performed by: All dancers

一、开场舞蹈《吉祥祝福》

表演者：全体演员

2. Solo female Dai ethnic dance *Dancing in the Rain*

It shows a Dai girl's love for nature and her desires to live harmoniously with it.

Performed by: Ma Xiaoli

二、傣族女子独舞《雨淋》

舞蹈表现了傣族姑娘热爱大自然，与自然和谐共生的情景。

表演者：马小丽

3. Tibetan dance *Zha Xi Wen Ba*

The performance, which expresses blessings, has been adapted from the traditional dance named Wenbao which means hunter in Tibet.

Performed by: Cairang Zhaxi and La Lal

三、藏族舞蹈《扎西温巴》

舞蹈根据传统藏戏开场与串场“温巴”（即猎人）舞改编，《扎西温巴》表示吉祥如意的意思。

表演者：才让扎西、拉来

4. Yao ethnic dance *Have a Look*

This performance demonstrates the sweet feelings between a girl and a boy who are in love and have a mutual affection for each other. It won the second place in the first China "Water Lily Prize" dancing competition.

Performed by: Ma Xiaoli, Ma Zhihong and others

四、瑶族舞蹈《看看》

舞蹈表现了瑶族青年男女像太阳和月亮那样形影不离、心心相印的美好情景。该舞蹈曾获首届中国舞蹈“荷花奖”银奖。

表演者：马小丽、马志红等

5. Yugur ethnic dance *Headgear with Red Tassels*

Headgear with red tassels is one of the traditional Yugur dress adornments. This cheerful dance won the first place in the second Ethnic National Theatrical Joint Performance. It expresses the happiness of the Yugur people who are enjoying a wonderful life.

Performed by: Ren Qingcao, Suonan Zhuoma and others

五、裕固族舞蹈《红缨帽子》

红缨帽是裕固族妇女传统服饰特色之一。欢快热烈的舞蹈，赞美裕固族人民的生活像红缨一样艳丽火热。该舞蹈曾获第二届全国少数民族文艺汇演金奖。

表演者：仁青草、索南卓玛等

6. Tibetan dance *Wuerduo*

"Wuerduo" was a kind of weapon in ancient times. Today it is used in stock-raising. The dance, which is full of the bravery of herdsmen in Tibet, has been performed in the United States and Canada.

Performed by: Waima Zhaxi, Cairang Nanji and others

六、藏族舞蹈《乌尔多》

“乌尔多”在古代曾是克敌制胜的兵器，现在是藏民放牧的器具。舞蹈表现了雪域牧人英勇豪放的气概。该舞蹈曾随中国藏族歌舞团出访过美国、加拿大。

表演者：万玛扎西、才让南吉等





7. Hani ethnic dance *Catching loaches*

The unique dress, music and dance of Hani will bring you into the fantastic life of Hani people.
Performed by: Zhang Jie, Ma Xiaoli and Ma Li

七、哈尼族舞蹈《撮泥鳅》

舞蹈以哈尼族异族人独特的服饰、别具一格的音乐和舞蹈，反映了哈尼族姑娘的生活情趣。
表演者：张洁、马小丽、马丽等

8. Dance *the Song of Stream*

This dance expresses the emotion of a girl who is missing her boyfriend at night. It has been depicted according to a famous folk song popular in Yunan province.

Performed by: Ma Xiaoli, Ma Li, Ma Xiaoyan and others

八、舞蹈《小河淌水》

舞蹈以云南民歌名曲《小河淌水》为背景，表现了月夜中的少女思念心上人的情怀。
表演者：马小丽、马丽、马小燕等

9. Bai and Hani dance *Octagonal Drum and Muji*

Muji is a type of shoes which belong to Hani ethnic group and Octagonal drum is from Bai ethnic group. People communicate through the rhythm of Octagonal Drum and the tapping sound of the Muji shoes. It is beautiful illustration of how the ethnic minorities live harmoniously together. This dance won the first prize in the second National Ethnic Theatrical Joint performance.
Performed by: Ma Xiaoli, Ma Zhihong and others

九、白族、哈尼族舞蹈：《八角鼓与木履》

舞蹈以白族八角鼓、哈尼族的木履敲击声为交流方式，表现了各民族和睦相处的幸福生活。该舞蹈曾获第二届全国少数民族会演一等奖。
表演者：马小丽、马志红等

10. Tibetan dance *Baxie*

Ba means Batang, which is an area in Sichuan Province while Xie means songs. Baxie is Tibetan folk dance originated in Batang area in Sichuan Province. The meaning of the song is: we climb up the cliff where the snowflakes fall down slowly. Once the sun rises, will the warmth be far away?

Performed by: Li Yang ao, Ge Song and others

十、藏族舞蹈《巴谐》

即弦子舞。巴者，巴塘，谐者，歌。即源于四川巴塘地区的藏族民间舞蹈。歌词大意：我们向上攀登，雪花却渐次降落，一经托起了太阳，紧随其后的自然是杨柳春风。
表演者：李杨草、格桑等

11. Yi ethnic trio Dance *A Fellow, Sixian (a music instrument) and Maying Flower*

The performance tells of a Yi young man's affection for a girl. It has been rewarded with several National Prizes.

Performed by: Ma Zhihong, Pan Xudong and Yang Hongwei

十一、彝族三人舞《小伙、四弦、马樱花》

舞蹈表现了彝族小伙子对姑娘的爱慕之情。该舞蹈曾多次获全国大奖。
表演者：马志红、潘旭东、杨红伟

12. Tibetan Songs *(Play with A'li Qin)*

A'li Qin is a six stringed music instrument. It is named after a place called A'li in Tibet.

Song 1: Saddaluo the meaning of the song is:

Today when I go out on my way, I see pails of cheese, fresh milk and spring water. I consecrate them to my holy God. Who else has such luck?

Song 2: Amalai the meaning of the song is:

As a Tibetan, I dream of the snow-capped mountains, stone hills and lakes, which bathe in the sunshine. There, even lions and wild oxen and the golden fish are proud of their charms.

Performed by: Cairang Zhaxi, La Lai and others

十二、藏族阿里琴弹唱

阿里琴源于西藏阿里三部而得名，因琴有六根弦，又称六弦琴。

曲目1《桑达洛》歌词大意：我今天出门上路时，看见满桶的乳酪、鲜奶和泉水，我献给苍天大地和佛祖，这样的福气谁有过？

曲目2《阿玛莱》歌词大意：上中下雪山石山和湖泊，那是我雪域人心中的美梦，山顶山腰和湖泊彩光斑斓，雪狮野牛和金鱼炫耀着自己的神采。

表演者：才让扎西、拉来等





13. Dai ethnic dance

Deep in the Groves of Bamboo

While playing the Hulusi and Xiangjiao Gu (music instruments), young couples dance gracefully to the beautiful music, deep in the groves of bamboo.

Performed by: Ma Xiaoli, Ma Zhihong and others

十三、傣族舞蹈《竹林深处》

姑娘吹起了葫芦笙，小伙打起象脚鼓，竹林深处，一对对恋人跳起了优美的舞蹈。

表演者：马小丽、马志红等

14. Yugur ethnic dance *Bringing My Bride Home*

The dance pictures the scene of a traditional wedding of Yugur ethnic group. It has been awarded by the Ministry of Culture.

Performed by: An Juhua, Gao Lin and others

十四、裕固族舞蹈《迎亲路上》

舞蹈表现了裕固族婚礼中迎亲嫁娶的场面，该舞蹈曾获文化部优秀节目奖。

表演者：安菊花、高林等

15. Yao ethnic two-people's dance *Showing Love by Biting Fingers*

Biting fingers of the one you love is a distinctive way of expressing affection widely used by Yao people.

Performed by: Ma Zhihong and Ma Xiaoli

十五、瑶族双人舞《咬手恋》

舞蹈表现了瑶族独特的恋爱方式——以咬手来相互表达爱慕之情。

表演者：马志红、马小丽

16. Tibetan dance *Celebrating the Victory*

The dance is adapted from part of a Tibetan saga called *the King Gesar*. It is about a grand celebration held to sing praise to King Gesar, who subdued devils and returned in triumph. The dance won a national prize and the top prize for art awarded by Gansu Province.

Performed by: Charang Zhaxi, Li Yangcao and others.

十六、藏族舞蹈《欢庆》

选自藏戏《格萨尔王传》，表现了格萨尔王降魔归来，万众祝捷欢庆的场面。该舞蹈曾获国家“五个一工程奖”、甘肃省文艺最高奖“敦煌文艺奖”。

表演者：才让扎西、李杨草等

17. Dance *Seeking for my love*

In the dance, young men from Miao, Hani, Nu and Pumi ethnic groups play their treasured music instruments in the hope of attracting the girls they love.

Performed by: Ma Xiaoli, Ma Zhihong, Pan Xudang Yang Hongwei and others.

十七、舞蹈《坐月亮》

舞蹈表现了苗族、哈尼族、怒族、普米族小伙子，用自己心爱的乐器，吹弹出悠扬的旋律，寻找自己心中的“月亮”。

表演者：马小丽、马志红、潘旭东、杨红伟等

18. Tibetan tag dance *Langucolouwa*

In Tibetan, *Langucolouwa* means being in one's prime. This dance demonstrates the optimistic spirit and happy lives of Tibetan young people.

Performed by: Cairang Nanji, Ren Qingcao and others

十八、堆谐：《朗措楼瓦》

《朗措楼瓦》是风华正茂的意思。“堆谐”是藏族的一种踢踏舞，表现了青年男女蓬勃向上的快乐心情。

表演者：才让南吉、仁青草等

19. Yi ethnic two-people's dance *Charm of mountains*

The distinctive features of Yi ethnic group and the positive attitude of people towards life are fully expressed in the dance.

Performed by: Ma Zhihong and Ma Xiaoli

十九、彝族双人舞《大山风韵》

舞蹈表现了云南山地少数民族独特的个性和情趣。

表演者：马志红、马小丽





20. Dai ethnic dance *Lucky Birds*

Peacocks, known as lucky birds, can bring best wishes to Dai people.

Performed by: Ma Xiaoli and others

二十、傣族舞蹈《吉祥鸟》

孔雀代表了吉祥，小孔雀带来了傣族人美好的祝福。

表演者：马小丽等

21. Tibetan dance *Beige'er*

Beige'er is a traditional Tibetan art form of speaking and singing. The dance is inspired by the words used in Beige'er. It has been performed in the United States and Canada.

Performed by: Chairang Zhaxi and La Lai and others

二十一、藏族舞蹈《贝噶尔》

《贝噶尔》是一种藏族民间边唱边舞的幽默说唱艺术。舞蹈根据民间“贝噶尔”赞词与男女对歌编创。该舞蹈曾随中国藏族歌舞团出访过美国、加拿大。

表演者：才让扎西、拉来等

22. Yi ethnic dance *Elderly people*

The dance is popular in Yunnan Province. In the dance Yi elderly people are optimistic and humorous.

Performed by: Ma Zhihong, Ma Xiaoli and others

二十二、彝族舞蹈《老人家》

舞蹈以云南民间抽水烟桶的生活习俗与云南红河地区独特的烟盒舞巧妙结合，表现了彝家老人诙谐乐观可爱的形象。

表演者：马志红、马小丽等

23. Tibetan dance *Love towards Hada*

Hada is a type of silk scarf which has been used by Tibetan people to show their great respects to their guests. In the dance, we hold the pure white hada in both hands, dance to express the deep affection. Please accept the hot milky tea with our best wishes.

Performed by: Waima Zhaxi, Ge Shang and others

二十三、藏族舞蹈《哈达情》

洁白的哈达高高举起，优美的舞姿情深意长，捧给你一碗浓浓的奶茶，献给你一片美好的祝福。

表演者：万玛扎西、格桑等

24. Songs given by the famous Tibetan Soprano Zongyong Zhuoma

1. *Echoes in the Valley*

The meaning of the song: In the valley we play the traditional music instruments, dance to the beautiful melody. We invite the rosy clouds high in the sky to dance with us and birds in the forests to sing with us.

2. *on the Golden Mountain in Beijing*

3. *Wish You Every Success*

The meaning of the song: How I wish we could be always together and would never be separated. How I wish nice people could be forever healthy and happy.

二十四、女声独唱

演唱者：著名藏族女高音歌唱家宗庸卓玛

1、《山谷的回声》

歌词大意：

拉起弦子琴声悠扬，跳起锅庄长袖飘荡，邀请满天的彩云和我们一起起舞，邀请林中的百鸟和我们一起纵情歌唱。

2、《北京的金山上》

3、《吉祥如意》

歌词大意：

我们在此相会，但愿永不分离，但愿相聚的人们，永远健康幸福。

25. Dance *Let's Dance in the Moonlight*

Performed by: all dancers

二十五、舞蹈《阿细跳月》

表演者：全体演员

每场演出其中部分节目
All the performances presented to you
are selected from this repertoire

