



CENTRAL VICTORIAN LION TEAM
中央維多利亞獅團

FU WA DANCE TEAM



Team Information

A brief guide to our Training & Performances,
Traditional Dance Styles and Culture.



FU WA DANCE TEAM

The CVLT "FuWa" Girls Dance Team perform Traditional Chinese Dances. Great care and attention to detail is given to ensure our performances are as authentic as possible.

Nothing pleases us more than to see members of the audience enjoying our performances, singing along with traditional songs and remembering the dances from their childhoods.

Team Leaders:

Our "FuWa" Team Leader is a qualified School Teacher and has over ten years experience teaching Chinese Dance. Two of our Senior girls are Assistant Leaders.

Training:

Every Monday during School Terms - Quarry Hill Hall (Hamlet Street)
4.00pm - 6.00pm

Training sessions cater for junior and senior members. Other specialised sessions may be held at certain times, as required.

Interested persons complete a 4 week 'free trial period' prior to becoming members.

Performances:

We are able to customise our performances to suit your needs.

See following pages for more information on dance routines.

Our FuWa Team can perform on it's own or together with the Lion & Dragon Teams.

For further enquiries, please contact us via our website.

For information on upcoming events like and follow us on facebook.

Our 'FuWa' Mascots 'Lili' and 'Mei Mei' bring a fun, interactive element to our performances and are available to appear at events, as a part of our performances.





FU WA DANCE TEAM

The CVLT "FuWa" Girls Dance Team perform a wide variety of dances, from a range of different areas and minority groups across China. These dances often relate to folk stories or express something about the lifestyle of the people.

Some examples of the dances performed by the "Fu Wa" girls team are:

Mongolian Horse Dance:

In honour of the traditional Mongolian festival usually held around August. Features Horseracing and is celebrated by donning festive clothes and drinking mares milk (Koumiss). Generally 2 year old ponies are raced and afterwards there is a huge feast with singing, drinking, dancing and the horse head fiddle is played. This dance represents the vigorous energetic movements and to evoke images of horse riding!



Peacock dance:

Famous traditional dance of the Dai Minority of China. Many different versions of this dance all of which symbolise the peacocks movements. Through arms, wrists and fingers with swift leg movements, a range of motions of a peacock are imitated. The graceful and dainty postures throughout this dance honour the peacock who is considered by many to be the "Holy Bird" and a symbol of happiness and auspiciousness. There are numerous folk legends about the Peacock.



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Xin Jiang:

Located in the north western part of China, this Province is renowned for its fruit and produce including grapes, melons, figs & apples. Surrounded by mountains - makes this the perfect area to grow wheat, Corn, Cotton, harvests etc. Known for their excellent Singing & Dancing. This dance depicts a group of young ladies picking grapes. The interesting wrist and neck movements are the main characteristic of this style of dance.



Song for Sleeping Sister:

A traditional Chinese Lullaby - sung by many Chinese Mothers to their babies. This is a Junior Girls Dance which symbolises the rocking of a baby to sleep - baby sister sleep peacefully!

Yengge:

Main Dance of the Han People. Popular in North Eastern China, Yengge is usually performed at Festivals and Celebrations such as Chinese New Year & Holidays. Usually performed with 2 Handkerchiefs, the purpose of Yengge is to develop technique of using wrist movements to express different characters. Images created by the movements of the hankies, combined with particular rhythms signal different personality traits. (Full circle used to express shyness and delicate beauty of a young woman).

