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### The Cancan 康康舞

Andrea: Do you recognise that tune?

Jean: 我好像听过这个曲子...

Andrea: Well, it's a famous piece of music called Orpheus in the Underworld.

Jean: 不过更重要的是，这是人所共知的法国康康舞的典型舞曲。

Andrea: And it was written 150 years ago!

Jean: 也就是说，今年是康康舞诞辰的 150 周年！

Andrea: Hello I'm Andrea Rose.

Jean: 大家好，我是董征。今天我们要为大家介绍的就是这个著名的法国舞蹈，康康舞。

Andrea: And who better to tell us more about it than David Price, who's written a book about it.

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*It's very difficult to actually identify when it started. It sort of emerged really, around 1830.*

Jean: David 他说现在已经很难考证当初人们是什么时候开始跳康康舞的。

Andrea: It's difficult to identify when it started. Identify.

Jean: 用另一种方式来将，可以说现在很难明确验明 pinpoint 康康舞是什么时候开始流传的。

Andrea: But he thinks it emerged or started in about 1830.

Jean: 1830. Wow, that's a long time ago. 不过更有趣的是，康康舞最早起源的时候，它并不是一种女性的舞蹈。让我们听听 David 的介绍。

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*From what I can ascertain, it seemed to be men who did it first. They sort of introduced a lot more athleticism, high kicks, generally prancing about and having a good time.*

Andrea: You mean men used to do the Cancan?

Jean: **Absolutely. David** 他说当初是男性最早开始跳康康舞，在当时是一种很有体育运动性质的舞蹈，有很多运动的成份 **athleticism** 在里头。这些跳舞的男性所以在舞蹈中加入了很高踢腿的动作。

Andrea: **How fascinating. And soon women decided that they wanted to join in too.**

Jean: 我们采访到的另一位专家 **Mandy Kenwood** 本人就是一位康康舞表演者。

Andrea: **Here she is describing what she wears.**

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*I guess the petticoats are the most important thing. They're vintage, very, very vibrant, very full and we do lots of petticoat work, lots of frou-frou, as you can hear (sound of material rustling). And we have bespoke corsets and jewellery, and we all have boots obviously with red-trimmed laces.*

Jean: **Mandy** 给我们谈到了她的康康舞服装。

Andrea: **She's wearing petticoats which are very important.**

Jean: **Petticoats** 衬裙、纱裙。当舞蹈者跳起康康舞的时候他们会用把身着的纱裙舞来舞去，甚至有时会把裙子整个掀起来！

Andrea: **Ooh la la! Mandy describes the petticoats as vintage. That means they are really old petticoats. She also says they are vibrant - that's colourful, and full - there's lots of them.**

Jean: **Mandy** 还说他们每个人都有专门订做的紧身胸衣 **bespoke corsets**，也是他们表演时必不可少的服装。

Andrea: **They wear special jewellery and finally, she wears boots with red laces.**

Jean: 看来要跳这个传统的康康舞可一定要遵循这个舞蹈的所有传统！

Andrea: **But what's even more traditional are the high-kicks.**

Jean: **High-kicks.** 高踢腿。康康舞的一个典型的舞蹈动作就是这个要一下子把腿直直的踢到耳边的高难度动作。

Andrea: **Ouch! Mandy explains how she trains other girls to do those high-kicks.**



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*We use balloons. We start off with somebody holding a balloon and somebody else kicking. And we raise, and raise and raise. And then we give the girls homework to tie the balloon in a doorway. And kick and kick and kick until they can remove the balloon.*

Jean: Mandy 给我们描述了她和其他的表演者是如何学习这个高踢腿的动作的。他们在练习的时候需要有一个拿好一个气球...

Andrea: Which someone else kicks. Then they make it go higher and higher.

Jean: 最后呢，这些舞蹈者会把气球带回家，挂在门口，一直练习踢到这个气球为止。

Andrea: Wow that's so high! Jean, do you think you could learn to do the Cancan?

Jean: Well, Andrea, I think I might seriously injure myself so I'd better not try! 另一个康康舞的动作是跳起来然后做一个落地大劈叉 jump into the splits.

Andrea: And if you thought the kicks were difficult, take a listen to this!

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*You have to make sure you're extremely warm and well-trained, and once you reach that edge, as long as you're warmed up it's not difficult. And there's a psychological part to it. People are quite frightened. Even when you can do the splits, to run and launch yourself and jump into them is quite a psychological leap from just gently going down into the splits. So it is quite hard.*

Jean: Mandy 说呢可一定要保证在正始跳舞之前做好足够的热身准备，这样一来做到那些大踢腿大劈叉的动作就不怎么难了。

Andrea: But she also says that there is a psychological part to jumping into the splits.

Jean: A psychological part 必须做好足够的心理准备，才能保证上台以后是信心十足，发挥自如。

Andrea: Well, you'd better start practising! Until the next time, it's goodbye from both of us at BBC Learning English. Bye.