



ADA 2025 Annual Dance Gala

成人舞蹈专场 观演须知

1. 请在演出开始前按时入场，避免迟到。
2. 请勿在观众席进食，有色饮料与食品不得带入表演厅。
3. 纸袋、塑料袋，以及气球、纸爆竹等易发出声响的包装或物件请勿带入表演厅。
4. 剧院内全面禁烟，包括洗手间。
5. 入场后请将手机关闭或静音，并将音量和屏幕亮度调至最低。观演期间请勿在表演厅接打电话，或播放语音。避免手机发出声响或光亮影响其他观众！
6. 观演期间保持安静，请勿随意走动。有中途入场或离场需求者，请在节目报幕期间进行。
7. 演出期间，非学校邀请的专业摄影、录像人员请关闭闪光灯。
8. 演出结束离场时，请把自己座位上的垃圾一并带出场。

请大家遵守剧场规则，争做文明观众！



ADA 2025 Annual Dance Gala

Theatre Etiquette

1. Please arrive on time. The performance starts promptly at 2pm.
2. Food and colored beverages are strictly prohibited inside the auditorium.
3. Please do not bring any noisemaking objects such as paper or plastic bags, balloons or firecrackers.
4. Smoking is strictly restricted in the theater, including inside the restrooms.
5. Please turn off or mute all your electronic devices and dim screen brightness. Refrain from making phone calls during the performance.
6. Please refrain from talking and remain seated during the performance. If you must leave, exit during intermission.
7. No flash photography allowed unless by authorized photographers.
8. Be sure to throw away any trash on your way out of the auditorium.

Thank you for your cooperation.



ADA 2025 Annual Dance Gala

成人舞蹈专场节目单

ADA Instructor Team:

June Li, Meng Wang, Wenting Chen, Jessie Cai, Yi He

1. 敦煌舞 - 升莲 Rising Lotus

翩翩舞步如莲开，轻盈升起水中来。丝丝柔情随风散，纯净无瑕映日彩。A lotus rises, soft and pure, graceful steps that time ensure. Whispers of a breeze take flight, as beauty blooms in sacred light.

Performers: Bingqian Chen, Yuki Dai, Ruby Han, Cunjian Li, San San, Lina Song, Lin Tao, Isabella Wang, Amy Wei, Jen Yan, Terry Yong, Lynn Zhang, Wenyi Zhang, Xumei Zhao

2. 汉唐舞 - 幻世长安 Illusory Chang'an

一支融合盛唐繁华与梦幻意境的舞蹈作品，展现古长安的辉煌历史与艺术魅力。A dance piece that merges the grandeur of the Tang Dynasty with dreamlike aesthetics, showcasing the historical splendor and artistic charm of ancient Chang'an.

Performers: Helen Cao, Li Li, Li Ling, Michelle Li, Jie Sun, Xun Tu, Zhe Wang, Autumn Xu, Sunny Zhang

3. 古典舞-簪花仕女图 Ladies with Flower Adornments

以唐代仕女为灵感的舞蹈，展现了画中仕女的优雅与风采。A dance inspired by the elegance and grace of Tang Dynasty ladies depicted in the famous painting.

Performers: Yajing Chen, Meina Jing, Jia Shi, Haiyue Yu, Bella Zhang, Yuting Zhang

4. 蒙古舞 - 乌兰巴托的夜 Ulaanbaatar Nights

草原上的夜空灵幽静，风回荡出愉悦的旋律，引人思乡、思人。Beneath the starry Mongolian sky, whispering winds evoked cherished memories of home and loved ones.

Performers: Tianle Ju, Dandi Qiao, Haijuan Ritson, Haojing Rong, Lina Song, Mei Hui Sun, Ling Wu, Jenny Xu, Manru Xu, Yuan Yuan Ye, Catherine Yuan, Emily Yuan, Amber Zhang, Julia Zhu, Sherry Zhu, Tracy Zhu

5. 古典舞 - 故梦 Dream of the Past

合中国古典舞韵与诗意情感的舞蹈作品，表达对往昔的追忆与情感寄托中的美好瞬间。A dance piece that blends classical Chinese dance with poetic emotions, expressing beautiful moments of nostalgia and emotional longing for the past.

Performers: Zhihong Li, Sharon Lee, BG Shi, Tammy Tsikar, Xun Tu, Jun Yan, Amy Zhang, Julia Zheng

6. 古典舞 - 咏春 The Dance Of Wing Chun

咏春是以中国传统武术咏春拳为灵感创作的一种艺术表达形式，将咏春拳的拳法、动作和意境融入到舞蹈中。The Dance is an artistic expression inspired by the traditional Chinese martial art of Wing Chun. This fusion highlights the philosophical essence and cultural heritage of Eastern martial arts, breathing new life into the dance.

Performers: Tiffany Chou, Wei Ding, Vicky Fan, Xuejun Kong, Maggie Peng, Shuang Wu, Wendy Xie, Jen Yan, Terry Yong, Keli Zhang, Min Zhang, Yingjun Zhang, Jianhua Zhao, Xumei Zhao, Ling Zheng

7. 古典舞 - 风筝误 Lost Kite

风筝误，误了梨花花又开，一抹笙香，吹梦成真，是非随风，聚散随缘… Lost kite, carried by the breeze, flowing with fate, turning dreams real, beyond compare.

Performers: Yajing Chen, An Chi, Pam Feng, Wei Fu, Jane Guo, Kathy Leong, Rachel Li, Li Ling, Peimin Qi, Haijuan Ritson, Lin Tao, Xingye Wu, Kelly Yee, Min Zhang, Shanshan Zhang

8. 维族舞 - 大漠沙海 Whispers of the Desert

神秘浪漫的西域之舞，随势而动，与沙共舞，赞叹大漠沙海之美。The mysterious and romantic dance of the Western Regions celebrates the beauty of the desert by swaying along with the winds and sands.

Performers: Jingjing Bai, Vivian Chen, Jing Fang, Ping Guo, Lin Li, Jing Lin, Yanyi Li, Litao Song, Andie Wang, Lina Xu, Manru Xu, Catherine Yuan

Intermission

9. 傣族舞 - 陶醉了 Enchanted

皎洁月光下，幽静山水间。心随舞动，梦随月远，陶醉了。Beneath the moon's soft, silver glow, In tranquil hills where rivers flow, Lost in a world of quiet delight, Enchanted Dai dancers sway through the night.

Performers: Eileen Deng, Rachel Gao, Kathy Kong, Rachel Li, Jing Lin, Jane Liao, Jane Lu, Jie Sun, Yixing Sun, Yuqing Xue, Hua Yang, Amber Zhang, Sheri Zeng, Yanping Zeng

10. 傣族舞 - 彩云之南 The South of Colorful Clouds

彩云之南是一支广受欢迎的中国民族舞蹈作品，展现了云南少数民族的风土人情和文化韵味。“The South of Colorful Clouds” is a well-known Chinese ethnic dance inspired by the vibrant and diverse culture of Yunnan Province to showcase the local customs and cultural charm.

Performers: Vicky Chen, Ying Chen, Yan Dai, Shi Guo, Cathy Hu, Jia Huang, Christine Lee, Qinghua Li, Qunli Lin, Yang Liu, Yanan Peng, Angela Shi, Nancy Su, Ling Xu, Dan Yuan, Min Zhang

11. 流行舞 - 幻梦倾心 Kiss it Better

透过肢体诉说一段关于爱的故事，是渴望与纠缠，也是治愈与释然...Through our bodies— this is a tale of desire and entanglement, healing and relief.

Performers: Shuqing Bao, Junyao Chen, Qing Chen, Faye Costello, Caroline Du, Kathy Duan, Liya He, Bessie Wang, Yingjun Zhang

12. 藏族舞 - 在那东山顶上 Mountain Top on the East

东山顶上的度母女神集爱与美于一身，激发着人们内心的美好。Tibet's mountain dance tells the tale of a journey to the summit, where the goddess of love and beauty awaits to inspire hearts.

Performers: Peng Feng, Michelle Wu, Yingwen Xiao, San San, Cunjian Li, Zhiyan Xu, Julia Zheng, Lina Song, Lucy Xu, Min Zhang

13. 古典舞 - 烟岚云岫 The Misty Mountain

舞者們以氣息啟動行云流水的舞姿，用飄逸的綢扇繪出了山峦之间云雾的隱現，升腾、弥漫.. With the flow of the silk fans following the breathing of the dancers, this dance paints a vivid interplay of the fogs and clouds around the mountains.

Performers: Nanying Bian, Yan Chen, Ling Huang, Hongmei Lee, Lei Li, Faith Lin, Zhoufang Lin, Nicole Tu, Xing Yang, Terry Yong, Rosa Zhang, Jin Zhao, Ginny Zuo

14. 流行舞 - 超自然闪耀 Supernatural Shine

我们自由起舞，舞动肆意欢笑，用活力点燃舞台，绽放超自然的闪耀！ Supernatural Shine celebrates freedom, energy, and the boundless spirit of youth as the ladies light up the stage!

Performers: Cindy Chen, Janice Chen, Jin Chen, Xiaodan Huang, Ying Le, Lei Lei, Kelin Li, Linda Lin, Janice Lu, Dido Wang, Shicheng Weng, Tong Wu, Qi Zhang, Wei Zhang, Peiwen Zheng

15. 象王行 Journey of the Elephant King

悠扬的法号，振奋的鼓声，融合了力量、优雅、魄力与智慧。 Melodious Dharma horn, invigorating drums, blending strength, grace, power, and wisdom.

Performers: Jingjing Bai, Helen Cui, Ping Guo, Lan Lan, Lin Li, Wen Ruan, Miaoruo Simmons, Lina Song, Kate Tian, Amy Wu, Lina Xu; Chen Yang, Yiqin Yang, Yi Yao

16. 古典舞 - 玉鸟 Jade Bird

良渚玉鸟，扶摇起，破碎混沌，飞跃黑夜。历千年尘土不褪，展宏图之志高飞。 Liangzhu jade bird, it rises, shattering chaos and soaring through the night, embodying a timeless ambition to soar.

Performers: Helen Cao, Yun Guo, Min Han, Huan Huang, Li Li, Michelle Li, Suwen Liu, Jie Sun, Xun Tu, Zhe Wang, Autumn Xu, Mei Yang, Sunny Zhang, Wenjing Zou

尾声 - ADA全体师生谢幕 Curtain Call