A few facts about Chinese New Year and the show:

The Chinese adopted January 1 as their new year's day, yet continue to celebrate the traditional Chinese new year, now called the Spring Festival. The ancient lunar-solar Chinese calendar was an agricultural calendar that helped people predict the seasons and toil the lands. According to this calendar, Chinese new year marks the coming of spring and thus the celebration of starting harvest again, and in turn the possibility of being prosperous and abundant for the coming year.

According to Chinese mythology, a horrible beast called "Nian," would awaken and angrily descend on nearby villages on the first day of the lunar new year. He would eat all their food, grain, livestock, and destroy the town. Although terrifying, it was discovered that "Nian" was easily scared—he does not like the color red, and fears loud noises. Villagers hung red signs on every door, wore red clothes, played loud drums and music, and lit fireworks to protect themselves, and the beast never returned. These traditions still exist today to ring in Chinese New Year.

Empress Wu Zetian is the only female Emperor of China, who lived during the Tang dynasty, a time of relative freedom for women. They did not lead submissive lives were educated, and even contributed to culture and politics. Empress Wu was known as manipulative and ruthless in her desire to gain and keep power. Yet she effectively ruled China during one of its more peaceful, prosperous, and culturally diverse periods.

The Chinese zodiac is a repeating cycle of 12 years, represented by 12 animals: rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog, pig. This lunar year is the year of the dog. Characteristics of dogs are loyal, clever, courageous, lively, and can be sensitive, conservative, and emotional.

The Mogao caves at Dunhuang are a magnificent treasure trove of Buddhist art, spanning over 16 miles. The art of Dunhuang includes extensive paintings, murals, sculptures, architecture, and calligraphy of buddhas and apsaras—celestial beauties, from a period of over a thousand years, from the 5th to the 14th centuries. Apsaras were beautiful female spirits of music and dance, usually depicted with flowing ribbons, holding instruments, and in unique dance poses.

About Sino West:

The word Sino means "Chinese" and is pronounced "sî,-nō." The studio is called Sino West because they are proud to excel in both Chinese and Western styles of performing arts, and is the only studio in Santa Barbara County that has Chinese performing arts. They offer classes for kids and adults in acrobatics, ballet, Chinese dance, contemporary, hip hop, jazz, Zumba, yoga, tai chi, and kung fu. Sino West aims to be a welcoming, fun, diverse, and talented place for students of all ages, sizes, genders, nationalities, and abilities.

Sino West is directed by Vicki Wang and Dragon Sun. Wang is a graduate of UCSB, and grew up training in ballet, Chinese dance, and gymnastics in the Silicon Valley of California. As a young child, Chinese dance helped her connect to her Chinese culture in a fun, physical, and beautiful way. Her love of dancing and her experience in business led to the opening of Sino West Performing Arts in Goleta in September of 2011. Sun is a kung fu, acrobatics, and Chinese dance master from Harbin, China. He started martial arts at the age of six, and went on to a performing arts school, training day and night perfecting Chinese arts. Sun then joined a professional performing arts troupe at the age of seventeen, touring the world performing a combination of martial arts, acrobatics, and Chinese culture. He is a disciple of Shi Yong Xin, the Abbott of Shaolin Temple, China. Wang and Sun met performing with the Chinese Performing Artists of America, in San Jose, CA. Since then they have been passionate about teaching, producing, and introducing Chinese arts to all.

Sino West wishes everyone "Happy New Year"!
Fresh Flower Blossoms
Music: Muo Li Hua, 茉莉花 – 2:12
Dancers: Ellie Liu, Eunice Lu, Nia Ni, Gigi Sun, Annabelle Zhang
Teacher: Vicki Wang

Start the Celebration!
Music: Full of Joy, 喜洋洋 – 2:18
Dancers: Elaine Hu, Atria Husein, Kaia Moehlis, Teagan Moehlis, Betsy Squires, Sabrina Valerjev, Ellen Wang
Teacher: Vicki Wang

Ninja Combo
Performers: Felix Adrian-Gianetto, Elio Gilbar, Sebastian Husein, Luca Lowry, Paia Lowry, Henry Millei, Aaron Wu, Max Zee
Teacher: Dragon Sun

Empress Yang
Music: Orchid Blossoms – 3:12
Dancer: Rebecca Li
Teacher: Dragon Sun

Year of the Puppies
Music: Dance of the Hours, Amilcare Ponchielli, edited – 2:26
Dancers: Enara Moran-Lanier, Yana Martin
Teacher: Vicki Wang

Defeat the Enemy
Performers: Edward Bi, Yao Bi, Nathan Huynh, Kaia Moehlis, Teagan Moehlis
Teacher: Vicki Wang

Salsa Revelry
Dancers: Ernesto, Nancy, Solage, Victor

Zhao Ma
Music: 卓玛 – 4:52
Dancers: Xiaolan Bai, Di Caminsky, Guan Hao, Yejin He, Hanxiang Li, Rebecca Li, Ying Lu
Teacher: Dragon Sun

Intermission

Chinese Folk Music Ensemble
Traditional Chinese Instruments and Melodies
Thousand Oaks Chinese Folk Music Ensemble

Empress Wu
Music: 唐宫 – 2:05
Dancer: Di Caminsky
Teacher: Dragon Sun

Carmen
Music: Carmen (Habanera), Amadeus Electric Quartet – 3:18
Dancers: Xiaolan Bai, Guan Hao, Yejin He, Hanxiang Li, Rebecca Li, Ying Lu
Teacher: Dragon Sun

Junior Ninjas
Performers: Mackenzie Huynh, Sophia Huynh, Unai Moran-Lanier, Marshall Reason, Leon Volgeneau
Teacher: Dragon Sun

Chinese Folk Music Solo
Thousand Oaks Chinese Folk Music Ensemble

Spirit of Mulan
Music: Ip Man Soundtrack/Theme Song, 花木蘭 Dance, edited – 3:22
Dancers: Elaine Hu, Atria Husein, Kaia Moehlis, Teagan Moehlis, Betsy Squires, Sabrina Valerjev, Ellen Wang
Teacher: Vicki Wang

Cave Beauties
Music: 敦煌刺绣 – 3:00
Dancers: Di Caminsky, Vicki Wang
Teacher: Vicki Wang

Warrior Qi
Music: Chinese War Theme – 2:08
Performer: Dragon Sun

Thank you for attending!