

## Zumpa Ondo (Get Up and Go) - Japan

This is a Buddhist Bon Dance from Japan. Bon dances are done during the festival of Obon when they celebrate the lives and spirits of their ancestors. Each region has their own local bon dance. Zumpa Ondo was originally introduced in North America by Shiori Nishizaki of Chiba, Japan. France Bourque-Moreau introduced the dance to Surrey Folk Dancers in 2017.

Start with singing. Everyone on their own walking CCW in room.

1. Walking fwd: Step R, clap, step L, clap, step R, clap, step L, clap
2. Hands on hips: Step back on R, step back on L, step back on R, step back on L
3. Hold arms straight down in front bending fwd slightly with hands parallel to floor (wrists bent):  
3-step turn to right: R, L, R, clap to R, repeat turn to L
4. Hands in fists to front with thumbs pointing up:  
Step R, L, R to R diagonal, moving fists down, brush L foot on floor, moving fists up quickly. Repeat to L.

Repeat Dance from the beginning.

Finish dance with 2<sup>nd</sup> half of part 4: Step L, step R in place, close L beside R. Put hands down by sides.

### Lyrics

Tsuki wa manmaru jushichi hachi kana  
Kao ni nikibi no ato ga aru

Moon looks so round. (I guess) it's about 17 or 18 years old.  
There are acne scars on the face of the moon.

Chorus:

Zunzu zuzupapa nonnoko hei hei  
Zunpa zunpa de odorou  
Zunzu zuzupapa nonnoko hei hei  
Zunpa zunpa de odorous

(no meaning)  
Let's dance "Zunpa" and "Zunpa"  
(no meaning)  
Let's dance "Zunpa" and "Zunpa"

Benkyo shitereba ofukuro gokigen na  
Manga yomu no mo oyakoukou

My mom (ofukuro) is very happy if I am studying  
Reading even a comic book makes my mom happy.

Chorus

Uchi no ne-san okesho ga nagai na  
Dare ka ii-hito dekita ka na-

My sister is taking a long time to put on her make-up.  
I wonder if she got a boyfriend.

Chorus

Noto ippai anoko no namae na-  
Kaite mita dake sore dake sa-

There are so many, full of her name on my note book.  
I've just written her name... many times... That's it.

Chorus

Paato odore ba sukkato suru yo no-  
Zunpa zunpa no Bon-Odori-

I feel refreshing if I dance openly.  
So let's dance "Zunpa" and "Zunpa" of the Bon Dance.