

Discussion on the Protection and Inheritance of Russian National Folk Dance

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Abstract: The colorful forms of Russian folk dance are the embodiment of the new national cultural phenomenon. Russian folk dances combine music and innovate music styles. Russian folk dances are generally presented in the form of collective dances. The dances form a fixed form of performance and music, using accordion, grand piano and other accompaniment, forming a distinctive feature. This paper analyzes the protection and inheritance of Russian folk dances and better promotes the development of Russian folk dances.

1. Introduction

Russian folk dance is a unique art form. It inherits these cultures, carries out the protection of dance, promotes folk artists to participate in the inheritance and creation of dance, cultivates young artists, and carries out the unique style of Russian folk dance. Inheritance, presenting the roots of local culture.

2. The Artistic Nature of Russian Folk Dance

Dance is a display of the spiritual outlook of a nation, and it also reflects the cultural development and aesthetic art of a nation. Dance is the embodiment of the early culture of human society. It also grows with the progress of social civilization. It differs from the cultural connotation presented by the text. Dance is a silent artistic expression, but it is silent and sound, using the human body [1]. Gestures and dynamic language symbols show culture. The ethnic dances of specific regions and periods are very distinctive, showing the religious beliefs, cultural and geographical factors of different regions. The factors influencing the formation of dance are generally body posture, dynamics and style. Dance art combines traditional culture and is a manifestation of a national cultural spirit [2].

2.1. Characteristics of Russian folk dance movements

The movements of dance are generally combined with life and labor to simulate the various sports images in nature, but dance is not a parody of nature, but the emotions in people's lives are integrated into it, combined with the development of human society. The form of dance is also constantly evolving.

2.1.1 Simulation of limb movements

Russian folk dance is generally an imitation of the movements of things in nature. From the dance animation, the audience can feel the scene of people hunting. The pace of Russian folk dance mainly includes dragging, trembling, pacing, pacing and so on. When the dragging action is in progress, the first dancer's legs bend their knees, then the left foot moves forward one step, the right foot moves to the left foot position, and the second beat action is the same as the first beat. In the vibrating step, each dancer's knees tremble twice [3]. The method of jumping and dragging is the same, but the amplitude is larger than the drag. The first step is to mop the foot and take a jump. The shaking of the shoulder is usually a one-shot shake, and the dancer shakes his shoulder while moving his left foot forward.

2.1.2 Realistic style

Russian folk dances have formed their own national style, and the dancers' movements are sometimes very feminine and sometimes very unrestrained. After the dance entered the climax stage, the audience applauded in unison, the dancers' dance steps began to accelerate, and the sound of the horns came one after another. Russian folk dances also use the two-way dance method to express the joy of people after work.

2.2. Rhythm rhythm has national characteristics

The connection between music and dance is very close. Rhythm and rhythm can also be presented in dance. Dance expresses the emotion of the dancer through the rhythm of music. The rhythm of the dance is combined with the rhythm, which restricts each other. The sense of rhythm and rhythm always runs through the dance performance.

2.2.1 Bright rap music rhythm

The music in Russian folk dances is very characteristic. The scales of the tunes are generally five, sometimes six or seven. The tunes are generally feathers, and the tempo is various. The rhythm of music is generally simple songs, showing a vast and high atmosphere. Some tunes are slower and show a beautiful genre. In some dances with faster rhythm, the action beat uses the call sign. The music is very dynamic, enthusiastic and rhythmic. The dancers will sing and dance while combining the songs. The songs will be repeated repeatedly, along with the dancers. The rhythm and the songs are getting faster.

2.2.2 The rhythm characteristics of dance

Russian folk dances show dynamic beauty, making dance more appealing. The embodiment of the temperament in Russian folk dances can give dance the meaning of time and space. In the music and dance of Russian folk dances, many subjects are related to labor, the music is very enthusiastic, and the rhythm is strong. As the music speeds up, the dancers are more passionate.

2.3. The style of Russian folk dance

Russian folk dances were originally a form of self-entertainment and there was no fixed costume. With the further development of the dance, the Russian folk dance began to the stage, and the costumes were also staged, and the design of the costumes became more and more vivid, fully reflecting the nationality. The costumes are generally dominated by bright colors, and they are bold and unassuming.

3. Types of Russian folk dances

3.1. Farming dance

Russian folk dances combine the types of agricultural work and are divided into different types in combination with time spans. Labor is the theme in dance. In the vast natural environment, the diversity of resources gives Russians a broader development environment and shapes the cheerful character of Russians. However, the harsh natural environment also honed the character of the Russians, which made them form a strong and unyielding character. Russian folk dance combines the local simple culture. In the dance form, women's dance is generally the mainstay, and men follow. Men mainly express their love for women in dance. They wear round hats, revealing their sincere eyes and showing their bravery and wisdom. The woman is very feminine in the dance, showing the woman's dignified side.

3.2. Hunting dance

Due to the obvious regional characteristics of hunting dance, its spread is not very extensive. Hunting dance is one of the original forms of Russian dance. It was popular in northern Russia. At that time, people mainly used hunting, and the imitation of animal movements was spread among

the people. People use dance in the form of dance during the hunting period. Central Russia is mainly engaged in food production, so hunting dance is not popular in central Russia.

3.3. Religious dance

Religion played a very important role in the development of Russian culture. At that time, people's cognitive ability was limited, and some natural phenomena that could not be explained were considered to be God's will. Russian folk dances are generally carried out in religious sacrifices, and sacrificial dances are carried out in a variety of forms. Among the Russian folk dances, the most famous ritual dance is the ring dance. This kind of dance is a form of collective dance. In the dance, the sun will be sung. People dance and perform chorus. The dancers hold hands and dance together. . Sometimes dances are also carried out around the chalet, and new dancers are constantly involved in the dance session.

3.4. War Dance

War dance is a form of dance that arises when recruiting soldiers. In recruiting, as long as people who are willing to join the army participate in the dance team, war dance is also popular in parts of Russia.

4. Protection and inheritance of Russian folk dances

There is a beautiful river in Ergun, the Ergun River, which separates China from Russia, which has given birth to a special culture. The Ergun River has nurtured people on both sides of the strait. The Chinese and Russian people have shared their rivers and their feelings have gradually deepened. In terms of geographical location, customs and so on, the exchanges between the Chinese and Russian people are getting closer and closer. The marriage between China and Russia is also very common, and the Russians have also formed. The birth of a new nation has produced new cultures and customs, and dance has also shown new styles. Today, Ergun City has applied for a national and folk dance cultural heritage with Russia, and the protection of ethnic folk dances is also deepening.

4.1. The value of hunting and dance heritage

Early Russia was dominated by hunting, and hunting was an important part of people's lives. In the hunting dance performance, the dancer's physical movements show the animal's posture, showing the joyful scene of victory after the person and the animal fight. In the traditional hunting culture of Russia, the ritual ceremony is also combined. After the hunting activities, people will hold a ritual ceremony to thank God. Seeing the ritual ceremony, it shows people's respect for God, and the ritual ceremony is also the spiritual sustenance of people. In terms of hunting methods and ritual methods, they all contain profound cultural values. Ethnic dance plays a major role in all forms of dance. It is very important in the development of dance. It can inherit the culture of a nation and enrich the form of dance. It makes the dance culture more artistic and creates more for the audience. Rich dance works. Russian folk dance is no exception. In the long-term dance development, a unique dance rhythm has been formed. The hunting dance combines various steps and the dance moves are very powerful. In the dance, the dancer's upper body uses a swaying shoulder to present a sense of rhythm.

4.2. Protection and inheritance of Russian folk dances

The Russian nation creates art in labor, discovers beauty in life, integrates its own emotions, and creates dance art. In ancient times, the ancestors combined the bits and pieces of their lives to inherit the art of dance. With the development of social economy and the impact of other countries' culture, this kind of dance art form has been influenced in the inheritance. With the changes of the times, the original ecological culture was separated and formed a drama and ritualized culture. Russian folk dances once lost their originality and vitality. The Russian folk dances carried by the original ecological culture require a new generation of further inheritance, and the importance of

protecting traditional culture is self-evident.

The Russian nation also often carries out various kinds of artistic activities. In the display of national art, hunting dance is also a form of display. The original art form can be displayed in the movement of the dance. The dancers' pace, look and posture are very rich. The Russian nation likes this form of dance art very much, and some foreigners are also very interested in this form of dance art, and have joined the learning and performance of such dances. Young people are very fond of such dances. They often perform such dances as hobbies. The older generations have a good understanding of the cultural connotation of hunting and dancing, and can feel the true meaning of hunting and dancing.

4.2.1 Problems in the protection of Russian folk dances

Nowadays, the integration of the world economy and the national traditional culture have been impacted by foreign cultures. Although there is no contradiction between the protection of national culture and the strengthening of the world, it is indeed difficult to balance the two. While the Russian nation develops its economy while protecting traditional culture, there is a certain conflict between traditional culture and modern culture. While developing traditional dance culture and developing modern culture, there are certain problems in both.

4.2.2 Suggestions on the Protection and Inheritance of Russian Folk Dances

1) Mass cultural communication

Today, people are very close to each other, and people can practice dance for leisure in their spare time. Dance can play a good role in physical fitness. People can choose their own type of dance according to their own hobbies, and establish spontaneous group organizations within a certain range, thus inheriting Russian folk dances. People can combine their own hobbies, simply arrange the dance, and then add the national culture, learn simple hunting dance, break down the action, add modern elements on the basis of the original dance movement, and make the dance more Aesthetically pleasing. The main way of inheriting Russian folk dances is the transmission between people. By popularizing folk folk dance among the masses, it can play a very good role in the inheritance of dance.

2) Combining tourism culture to carry out the entertainment communication of Russian folk dance

In the development process, a nation combines national characteristics and develops national culture. It should combine the advantages of the nation to develop the economy. Therefore, with a certain economic foundation, it can better spread the national culture. In the protection and inheritance work of Russian folk dances, it is necessary to dig deep into the folk resources and unify the national culture and tourism culture. During the tourism, people will be very interested in the traditional culture of Russia, so that local folk dances can be displayed to the local people. Visitors have more cultural experiences for visitors to play in the local area. Russia should further strengthen its tourism culture construction and draw on the achievements of some tourism culture construction, thus combining the inheritance of national folk dance with tourism culture.

3) Education institutions spread

Education is an important way in the inheritance of Russian folk dances. The local government should increase investment in education so that local people can receive better education. Employ experienced teachers in primary and secondary schools to teach folk folk dances. In the cultural heritage, the government should clarify the important connotation of national culture. The art communication link of the dance form needs to be further improved. The local should cultivate more dance art talents and set up a national folk dance school in large-scale colleges, so as to better realize the protection and inheritance of dance. In the dance department of the local colleges, a complete dance course has not yet been formed. Therefore, local colleges and universities should introduce ethnic folk dances into teaching and improve the curriculum system, so as to better carry on the inheritance of national culture.

5. Conclusion

The ancient hunting and dancing in Russia is deeply loved by people. It combines folk performances, and the movements are very beautiful and have very high artistic value. Through the imitation of animal movements, the action is very powerful. This article analyzes the various forms of Russian folk dances, and combines dance forms with the dancers' body language to create more vivid dances. The article analyzes the inheritance of Russian folk dances and prevents these traditional dance forms from being forgotten. Through the daily entertainment activities of people, the Russian folk dances are inherited. The government has increased the investment in education to teach and spread Russian folk dances in various schools.

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