

# On the Infiltration of Chinese Traditional Culture in Dance Teaching

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**Abstract:** Dance is the oldest form of artistic expression, and it also plays a positive role in the inheritance and development of traditional culture. Through analyzing the direct relationship between traditional culture and dance teaching, this paper puts forward some strategies on the penetration of Chinese traditional culture in dance teaching to provide reference for dance teachers, so as to strengthen the integration of Chinese traditional culture and dance art, and promote the development of dance art in China.

## 1. Introduction

As one of the four ancient civilizations, the Chinese nation has experienced five thousand years of development and has a profound cultural heritage. From poetries in Tang and Song Dynasties to novels in Ming and Qing Dynasties, from calligraphy and painting to sculpture and dance, all fields have made great technical achievements. After thousands of years of baptism, they are still widely spread. As an art form beyond language, race and national boundaries, dance can show the obscure traditional culture in a more intuitive and concise way. At the same time, Chinese profound cultural heritage also provides sufficient materials for the creation of dance art, which can further promote the good development of Chinese dance industry.

## 2. Relationship between Traditional Culture and Dance Teaching

### 2.1 Traditional Culture is an Important Support for the Development of Dance Teaching

Chinese traditional culture has a long history, providing an important support for the development of dance teaching. The common dance types in our country include various national dances with unique national characteristics, high-end and atmospheric palace dances, and popular folk dances. These dances are all based on Chinese traditional culture, and are compiled and created under the specific traditional cultural background, making the dance itself have a certain cultural significance. For example, in the Rainbow and Feather Garment Dance, the dancers' coats are decorated with a lot of white feathers, and their skirts are decorated with various kinds of precious jewelry and several patterns. These elements are influenced by the prosperous Tang Dynasty at that time. They are taken from the prosperous social environment of the Tang Dynasty, which not only reflect the noble elegance of the dancers, but also fully display the grandeur of Tang Dynasty. For dance teaching, it is not only necessary to teach dancers to master each movement skillfully, but also to understand the cultural connotation of dance itself. Similarity in form is important, but similarity in spirit is the core of dance. In recent years, China has actively promoted the construction of socialist spiritual civilization and vigorously carried forward traditional culture, which also points out the direction of dance teaching. Chinese traditional culture is the precious spiritual wealth of the nation. Dance teaching and creation based on traditional culture can make dance teaching healthier and more standardized, and make the teaching content richer in cultural significance, having a great promoting effect on Chinese dance career.

### 2.2 Dance Teaching is the Interpretation and Development of Traditional Culture

Dance is expressed in the form of body movements, which expresses the working people's love

for life and their optimistic attitude towards creating a better life. It is an interpretation of Chinese traditional excellent culture, reflecting the development process of our society, and it is also the channel for the masses to express their emotions. For example, the palace dance, Rainbow and Feather Garment Dance in Tang Dynasty, contains the traditional Chinese Taoist thought, with light, elegant, ethereal and graceful dance steps, seemingly casual and scattered, but in fact, it vividly shows the Taoist idea of the combination of illusory and the integration of all things. In the classical Lotus Dancing, the whole dance style is fresh and beautiful, elegant and gentle, with a kind of gentleman's style, which shows the elegance, purity and perfection of lotus. It is in line with Confucian thought of "courtesy", "harmony" and "benevolence", and gives people a relaxed feeling of refreshing and spring breeze. In dance teaching, teachers must fully interpret the cultural connotation contained in dance, so as to help students better understand the connotation of dance and the emotion expressed by each body movement. When performing dance deduction, the inner emotion should match the theme expressed by the dance, so as to correctly express this cultural emotion and let more people feel the deep meaning of dance through appreciation.

### **3. Penetration Strategies of Traditional Culture in Dance Teaching**

#### **3.1 Pay Attention to the Integration of Traditional Elements in Dance Teaching**

In the specific dance teaching, with the help of rich traditional culture such as poems, songs and operas, teachers can take several points to design dance teaching. Before dance teaching, teachers should popularize relevant cultural knowledge for dance learners to improve students' literary literacy, so as to help students better understand the wisdom and connotation contained in dance, enable students to feel the soul of dance by learning. For example, when teaching the dance Dreaming of Being a Butterfly, teachers should be clear that the creation inspiration of this work comes from a sentence "The sage Chuangzi is day-dreaming, bewitched by butterflies." in the poem Jinse written by Li Shangyin of Tang Dynasty. The thought expressed in the poem is the illusory inaction thought advocated by Taoism. Teachers should teach students about Laozi's Taoist thought and make them fully understand the meaning contained in the dance, in order to better express the artistic beauty of dance.

In dance teaching, in addition to the learning of ancient traditional culture, teachers also need to pay attention to the cultivation of students' thoughts, emotions and cultural knowledge. In addition to the classroom knowledge, students can also learn through the film and television works related to the dance theme, feel the images of characters in the dance, unify personal emotions and dance theme in actual practice, improve their dance performance and cultural quality, cultivate their sentiment and enhance their creative ability.

#### **3.2 Strengthen the Body Training of Dance and Cultivate Students' Excellent Quality**

As an art work with body movement as its main expression form, dance has high requirements for dancers' body and movement. In dance teaching, it is necessary to strengthen students' basic skills to increase the flexibility of shoulders, waist, legs, etc., which often requires a long-term and repeated practice. For example, in the training of waist, legs and crotch, beginners are often difficult to bear the pain. However, the training of dance body is not achieved in one stroke, and students are required to be not afraid of difficulties and hardships and should have tenacious willpower. Teachers can use the excellent traditional culture of our country for inspiration in the basic skill training, such as "as long as you strive, the iron pestle is ground into a needle", "the dripping water wears the stone, the rope saws the wood is broken" and other classic examples, so as to encourage the students to persevere, persist in the training, grow in the training, and temper the personal will. The training of basic dance skills is not only the training of physical flexibility, but also the training of students' strong character. At the same time, dance teachers can strengthen the communication and mutual assistance between students, make them improve dance level in mutual encouragement and learning, and cultivate their spirit of helping and loving each other, so as to realize the overall promotion of personal moral cultivation and psychological development while improving the dance

skills.

### **3.3 Actively Participate in Practical Activities to Improve Students' Dance Quality**

In dance teaching, it is necessary to actively participate in practical activities to improve the level of dance, find inspiration of dance design in social practice, infiltrate traditional culture into dance teaching, fully feel the charm of dance in dance performance practice, and better inherit and carry forward the traditional culture of the Chinese nation.

First of all, dance teachers need to pay attention to life teaching, fully tap traditional culture in social life, find inspiration from daily life of different ethnic groups and regions, and skillfully integrate these traditional cultural elements into dance design. The school can regularly arrange students to go into the living areas of ethnic minorities, let them participate in ethnic activities there, and feel the ethnic culture. For example, they can participate in the water sprinkling festival of the Dai nationality, living in Yunnan, feel the ethnic characteristics of the Dai people, such as understanding nature, loving water and worshiping Buddha, being gentle and quiet. They can also participate in the torch festival of Yi nationality, and feel the national characteristics of Yi people that revere nature and are full of enthusiasm. The schools can carry out on-the-spot visits of ethnic minorities according to the actual situation of the areas where they are located, so that students can fully understand the national culture and folk dance in social practice, apply the traditional ethnic culture color to the dance design, understand the connotation of national culture, and scientifically select and use these inspirations, then penetrate into the dance design.

Secondly, actively participating in dance performance activities can enhance the students' stage control, and better inherit and carry forward the traditional culture of the Chinese nation. For example, schools can regularly organize students to carry out public welfare performances in living communities, homes for the aged and welfare homes, so as to bring dance art into the society. In addition, the schools can also take the opportunity of Chinese traditional festivals, hold dance performances in line with the festival theme to carry out the inheritance and promotion of Chinese traditional culture. For example, when the Spring Festival arrives, they can arrange large-scale dances with Chinese Spring Festival characteristics, such as Make A Good Start and Welcome New Year, to show the lively and festive characteristics of the Chinese Spring Festival. If the theme is the Lantern Festival, they can arrange dances like Happy Lantern Festival and Lantern Show to show the customs of eating Yuanxiao (sweet dumplings made of glutinous rice flour) and guessing lantern riddles, so as to promote the inheritance and development of traditional culture. Moreover, it is necessary to pay attention to the consistency of body movements, eye use and psychological state in the dance performance, the consistency of dance and the festival cultural connotation. Dance shows not only the physical beauty, but also the connotation beauty and culture beauty.

## **4. Conclusion**

Dance is not only a display of simple movements, but also an art language that has been handed down for thousands of years. Traditional culture and art can be displayed through the skillful dance posture of dancers, which is the inheritance and development of traditional culture. In dance teaching, while strengthening the training of students' dance skills, teachers also need to attach importance to the cultivation of students' dance cultural connotation, promote the infiltration of traditional culture in dance teaching, so that students can better understand the dance style and connotation when performing, so as to improve their level of dance performance and promote the healthy development of China's dance industry.

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