

Analysis of Ways to Improve Students' Dance Expression in Dance Teaching in Colleges and Universities

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Abstract: In this paper, the importance of dance performance in college teaching as a breakthrough point, launched a concrete analysis, elaborated on the impact of students dance performance The factors, including the performers' own conditions, talent and the degree of love for dance, etc., put forward the way to improve the dance performance in dance teaching. The first is to lay a solid foundation, strengthen the understanding of dance works; Secondly, it is necessary to grasp the dance rhythm and enhance the aesthetic ability. Finally, it is necessary to build a dance performance platform and strengthen the cultivation of psychological quality. In the process of dance teaching and training in colleges and universities, artistic expression is an important teaching content. Performers complete the performance emotion display through expression and body language. Nowadays, with the continuous development of society, dance teaching in colleges and universities is playing an increasingly important role in cultivating students' sentiment and cultivating talents with both integrity and ability for the society. Therefore, the cultivation of students' dance expression is very important.

1. Introduction

Introduction (Heading 1)

The so-called expressive force of dance refers to the performance of the work through analysis, into their own feelings and understanding, and then make full use of facial expressions, body language and other expressions to express their emotions. Generally speaking, the performers combine the specific content of the dance works, deeply analyze its connotation, and then express the true feelings of the works through actions, so as to effectively convey to the audience. In the process of teaching and training of dance in colleges and universities, teachers can promote students to improve the performance of dance through various methods, so as to improve the teaching quality. Therefore, the performance of dance is based on mastering certain dance skills, understanding the connotation of dance, and through dance movements to show, can let the audience deeply experience the dance The emotion conveyed. The expressive force of dance is an indispensable part of dance performance. In the process of teaching, improving the performance of students' dance is one of the important goals of college teaching. In view of how to improve the dance performance of students, the following gives a few suggestions.

2. The Importance of Dance Expression in College Teaching

2.1 The Connotation of the

Dance performance is an indispensable part of the dance performance, in the students' future dance learning, played a very important role. Dancers use their body movements to effectively show the dance works. Dance is different from other disciplines, such as fine arts, where artists draw a work to show to the public through their own hands. Acrobatics, for example, is a discipline in which actors perform extremely difficult movements through mutual cooperation. However, dance is different. In addition to using people's bodies to express movements, dance also uses the body language of the dancers to communicate with each other emotionally. In different cultural backgrounds of different regions, the forms of expression of dance are quite different. For example,

folk dance and hip-hop dance have very different forms of expression. Most of the folk dance inherits China's national culture, and the costumes the dancers wear are also very national. Hip-hop dance is generally presented in the form of street performance, the dancers dressed in fashionable clothes, full of street style. It can be seen that dance is a comprehensive performing art.

2.2 Characteristics

In the process of dance teaching, the cultivation of expression is a very important part in the new generation of dance teaching^[1]. Dance movement is like a text, it can reflect a person's spiritual world, every body movement, every form of expression, can reflect the dance performance incisively and vividly. In the practice of traditional dance teaching, teachers focus on the explanation of dance theory and the demonstration of skills, and pay little attention to the cultivation of dance expression, which leads to the lack of innovation in the training process of students, and only blindly through imitation to interpret works. In teaching, it is necessary to pay attention to the characteristics of dance art, grasp its expressive force in all aspects, absorb the nutrition of other cultures, and constantly promote the vigorous development of dance through diversified integration. The purpose of dance is to interpret works and convey emotions through a person's movements and facial expressions. When different performers perform the same work, they may have different effects and present different dance spirits. Therefore, when teachers carry out dance expression teaching, they need to guide students in all aspects, from costume to expression, and then to body performance, so that students can feel the essence of dance and improve their dance expression.

3. The Important Factor That Affects Student Dance Expressive Force

3.1 The Performer's Own Condition

Performers' own conditions have a great impact on the performance of their dance, so the performers' own conditions are particularly critical to the art of dance. The performer's own condition mainly refers to the physical condition. As a dancer, if the body shape is not beautiful, then in the performance of the dance, will lack of agility. At present, many excellent dancers control their diet and reduce the amount of food they eat in order to ensure a beautiful body shape. When learning to dance, the physical condition of a dancer is particularly important, and even determines how far a dancer can go on this path. In college teaching, mastering the basic skills of dance performance is the foundation of performance. First of all, students must learn to dance, in order to further reflect the expression of dance. As a dancer, if even the basic movements are not in place, then the training of dance expression is meaningless. Dancers' dance skills are the basis for the training of dance expressive force. Only when the dancers are fully familiar with and master the basic dance movements can they express their feelings and show them to the audience. In this way, dance expression can be fully displayed, dance vitality can be enhanced.

3.2 The Talent of the Performer

In the process of dance teaching, teachers often say that XX is very talented in dance. Such praise is an affirmation of students' dance performance ability and reflects the congenital conditions of dance performers, which can play an important role in the cultivation of dance performance in the future^[2]. Some students are born with a dance talent, as long as a little mention point to dance learning to learn, and in the process of learning dance, grasp the rhythm very accurate, body movement is very harmonious, for all kinds of dance and dance skills of learning and knowledge is very easy, just need to pass the day after tomorrow efforts in terms of emotional expression. Therefore, compared with those without talent, gifted dancers have certain advantages from the beginning, which has an important impact on the cultivation of dance expression. For students who lack dance talent, they need to constantly improve their dance performance through the cultivation of the day after tomorrow. Affected by family environment, teachers' teaching and other aspects, they have to make extra efforts to make achievements in dance performance. If the

students live in a family with a strong artistic atmosphere, or their parents are engaged in dance related industries, then these students can usually achieve relatively ideal results in the cultivation of dance expression.

3.3 The Degree to Which the Performer Loves the Dance

Dance performance has different levels of division, in different environments, dance performance may be different. Performers' love for dance art is an important factor affecting the cultivation of dance expression. If students are very passionate about dance, they can be encouraged to work harder to learn more difficult movements, and deeply analyze the connotation of dance, so as to deepen their understanding of dance works. First of all, it should be clear that the design of dance movements should mainly promote the performers to better interpret the connotation of dance, and integrate artistic emotions in an intuitive way, so as to express the internal ideas of dance. In this process, the dance teacher needs to effectively demonstrate the dance movements, exaggerate and deduce the body movements to deepen the impression of the students, so that the students can convey the connotation of the dance through the dance movements and improve their love for the dance.

4. The Importance of Improving Students' Performance in College Dance Teaching

4.1 To Lay a Solid Foundation and Strengthen the Understanding of Dance Works

Dance discipline is a highly professional body art discipline, dance performers want to get good results, improve their performance of dance, first need to have a solid foundation. It is necessary to strengthen students' understanding of dance works, which is the basis of dance teaching^[3]. In dance teaching in colleges and universities, therefore, teachers should first combined with the actual situation of the students will be students into groups, the talent of high students together for higher strength training, the talent of poor students together to carry out the basic training, from the basic action and basic skills, guides the student to the process of refining the dance training. In the teaching of dance theory course, teachers should urge students to constantly develop the good habit of learning theoretical knowledge independently, enrich course resources with multimedia technology, expand students' vision through media teaching, and strengthen students' understanding of dance works.

4.2 Grasp the Dance Rhythm, Enhance the Aesthetic Ability

Dance itself is the expression and pursuit of beauty, music and dance are combined together, dance performance can not leave music. Therefore, when teaching dance, teachers need to cultivate students' sense of rhythm, and take this as the premise to carry out efficient teaching. At the same time, some music with a strong sense of rhythm should be selected to help students train their sense of rhythm. Teachers can not teach students dance movements at first, but let students play by themselves, so as to cultivate students' ability of improvisation. In the bright rhythm of the accompaniment, students understand the emotions of the dance, the teacher and then demonstrate the dance movements, so that students can master the dance movements more skilled. Dance teachers can guide students to improve their aesthetic ability, give different guidance for different students, combine emotional cognition with dance works, so as to achieve a higher level. Every student has a certain learning ability. Teachers can make full use of students' learning ability, enhance students' subjective initiative in learning, guide students to improve their understanding of dance, and promote students to better and faster grasp relevant dance knowledge.

4.3 Build a Dance Performance Platform and Strengthen the Cultivation of Psychological Quality

Some students are afraid of performing on stage, which is mainly caused by inexperience in performing, because students don't have many opportunities to perform on stage. Dance is a comprehensive art, which not only requires the performers to master professional skills, but also requires the performers to have excellent psychological quality. In daily teaching, a good

performance atmosphere should be created to provide more opportunities for students to perform. No matter in or out of school, students should be encouraged to participate in more performance activities and enhance their psychological quality through dance performance^[4]. Teachers should guide students, encourage students to boldly go forward, only their own victory, in order to move the audience, only learn to draw inferences from one another, more performance, in order to improve the performance of dance. The performance of dance determines the appeal of dance art, and improving the performance of dance can promote the success of dance performance. Therefore, it is necessary for students to improve the performance of dance in the process of learning dance performance. Only in this way can dance performance infect more people.

5. Conclusion

To sum up, the cultivation of dance expression is an important part of dance teaching in colleges and universities. In teaching practice, teachers should start from different perspectives to improve students' dance expression. By combining the basic characteristics of dance art, teachers should strengthen students' basic training and enrich students' body language, so as to cultivate students' interest in dance. Teachers should adopt effective teaching methods to improve students' dance expression, improve students' comprehensive quality and promote their all-round development. In teaching, teachers should teach students in accordance with their aptitude and combine with the actual situation of students to improve the effectiveness of teaching. They should encourage students to try different learning methods and find out the most suitable method for them to study efficiently. Students should also accumulate stage experience through a series of daily basic training, and on the basis of their love for dance performance, better show the connotation and emotion of dance, and constantly improve the performance of dance.

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