

Comparative Analysis of International Sports Dance and Social Dance Based on Network

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Abstract: Sports dance and ballroom dance are popular sports forms by modern people. Sports dance originates from ballroom dance and is the inheritance of ballroom dance. Sports dancing and ballroom dancing are both fashionable international sports with strong vitality. International sport dance is a new sport derived from old friendship dance. After decades of development and evolution, it has developed from folk self-entertainment dance to a highly artistic and skillful performance and competition in contemporary international fashion. International sports dance and social dance are closely linked, but their forms of expression, styles of expression, characteristics and difficulties are quite different. This article makes a comparison between international sports dance and ballroom dance in terms of differences and consistency in their forms, styles, characteristics and difficulties, trying to find out the internal connection and respective characteristics of the two.

1. Introduction

When people appreciate the performance and competition of sports dance, it is often difficult to distinguish sports dance from social dance. Dance classification, like other artistic classifications, has always been a controversial issue [1]. International sports dance is a new sport derived from the old social dance. It has gone through several decades of development and evolution. It has developed from folk self-entertainment dance to a highly artistic and skillful performance and competition item that is popular in the contemporary world [2]. Social dance is a dance form originated from the west and has a long history. With the social change and development and the processing and creation of generations, various modern forms of social dance have gradually formed [3]. People like to enjoy sports dance and ballroom dancing, but it is often difficult to distinguish the two. It is considered that sports dance is a curriculum-style ballroom dance [4]. A dance category can only be relative, not absolute, and can be distinguished from various angles and in various ways.

The composition of a work of art is often more complicated, and its artistic features are not so single, and often present a staggered situation [5]. International sports dance and ballroom dance have close internal relations, but their expressions, performance styles, characteristics and difficulty are very different, which is easy to cause confusion [6]. Sports dance and ballroom dance express people's emotions by displaying artistic human movements. Beautiful music and dance can eliminate people's fatigue in study and work [7]. This paper compares the differences and consistency between sports dance and social dance in terms of expression, performance style, characteristics and difficulty, trying to find out the internal relations and their respective characteristics.

2. Consistency Analysis of International Sports Dance and Social Dance

2.1. The internal relationship between international sports dance and social dance

From the origin and development process of international standard social dance, it can be seen that sports dance originated from the old social dance, which is a new dance system derived from the old social dance. The development of sports dance originated from the old international standard

ballroom dance. There is a close internal connection between sports dance and ballroom dance, and their expressions are unified. Sports dance and social dance are interrelated, influence each other and complement each other. They have the same internal structural elements [8]. When learning sports dance, one must master the differences in style between the two types of dance and the characteristics of ten different dances, so as to help deepen understanding and find out the musical feeling of various dances. More and more sports enthusiasts participate in this sport. They choose dancing to exercise according to their age, personality, hobbies and other characteristics. Sports dance and social dance are effective ways for people to communicate with each other, express their feelings, eliminate fatigue and regulate their nerves. In this way, we can open people's hearts, eliminate barriers between people, and make the sense of autism disintegrate and release in the dance. Although sports dancing and ballroom dancing have different social effects, they have the same value for people's fitness.

2.2. Both of them have good fitness value

Social dance and sports dance are often accompanied by light music, and the rhythm of music often interacts with the biological rhythm of dancers. The melody and rhythm of music can regulate the biological rhythm of the human body and restore its balance so as to enhance physical and mental health. Sports dance and social dance are both international fashion sports. Their appearance has added interest and artistry to sports [9]. All kinds of competitions provide the existing contestants with the opportunity to exchange skills, learn from each other's dancing skills, and also provide new contestants with practical occasions. The players have accumulated practical experience through the competition and have been trained and improved. In addition to studying and working, people need to eliminate fatigue, adjust nerves and enjoy body and mind through sports dance and social dance. Sports dance and social dance can both play an important role in regulating mood and promoting mental health. Beautiful music and passionate rhythm can also make people forget their worries and throw them into a joyful art world, where they can feel relaxed all over.

Although the artistic and social effects reflected by sports dance and social dance are different, they can make people exercise with their unique movement requirements, movement strength, movement track and body posture. Dance training is more interactive, and sometimes the basic dance training method is more flexible. Teachers must pay attention to the preparatory work before the dance training activities, and make reasonable predictions about possible problems in the training process. Through the standardized physical training content, the trainer's body is tall and slender. In turn, it is more in line with the physical requirements of the dance, which is the perfect combination of sports and art. Figure 1 shows a set of online and offline classical dance videos used to test the proposed algorithm.



Fig.1. Online and offline classical dance videos

3. Analysis of Differences between International Sports Dance and Social Dance

3.1. Development characteristics are different

After decades of evolution and development, the standard of sports dance has become more and more strict. At present, it has been set as an elective course by many domestic and international

universities. The development of sports dance combines the requirements of the development of the times, emphasizes the spirit of equality between men and women, and its ornamental, interesting and competitive features are gradually recognized in the world. Its position in international competitions may surpass ballroom dance in the future. Sports dance makes people's body and mind harmonious with its various dance forms, totally different style features and dynamic rhythm. The development of sports dance meets the requirements of the development of the times, embodies the spirit of equality between men and women, and is highly competitive and ornamental. It is a matter of time before it appears in large-scale competitions as an international sports event [10]. Compared with the formal level of sports dance, ballroom dancing does not require a large venue, dancers do not pay much attention to the requirements of clothing, almost anywhere, as long as there is music accompaniment, a pair of dancers can dance.

In sports dance and social dance venues, we should choose professional venues to avoid accidents in the process of sports. Only in this way can we give full play to the fitness value of sports dance and social dance, and achieve the goal of alleviating fatigue and regulating mood in beautiful music and dance. In the ankle joint, there is only one peak of muscle torque during the support period. Different from the rapid transition between the flexion and extension moments of the hip and knee joints, the ankle joint muscle moment has no transition between the flexion and extension moments, but only the plantar flexion moment. There was a significant difference in the peak of the ankle joint flexor moment between the two stages. The ankle joint plantar moment during the acceleration phase is less than the maximum speed phase. As shown in Table 1.

Table 1 Comparison of peak torque of lower limbs in the sprint acceleration phase and the maximum speed phase swing period

	Acceleration phase	Maximum velocity stage	Difference value
Peak flexion moment of hip joint	115.38	188.61	63.23
Peak flexion moment of knee joint	228.69	242.77	2.08
Peak flexion moment of ankle joint	125.56	148.83	11.35

3.2. Different styles and strengths

Although sports dance includes lively and changeable Latin dance with unrestrained enthusiasm, its overall dance style and exercise intensity are different from ballroom dance. The technical movements of sports dance are stricter and more standardized than ballroom dance, and belong to sports competitions and performance events. Therefore, sports dance has very different styles and features of high intensity. From the perspective of improving international reputation and foreign exchange, sports dance has incomparable competitiveness, which also means that as an international sports event, sports dance plays an important role in foreign cultural exchange. Sports dancers continue to participate in fierce competition, the constant pursuit of art, effectively promote the perfection and development of sports dance art, technical difficulties are also increasing, and the level of competition is significantly improved. In ballroom dancing competitions, as long as the players can basically step on the music rhythm, dance steps are basically in place, and have a simple pattern combination, the basic requirements of scoring are met. The dancing action of social dance is simpler than that of sports dance. It mainly reflects the fluency, naturalness and elegance of the action, and there is no strict requirement for the degree of action. Sports dance requires dancers' movements and postures to be higher, which belongs to sports competitive events, so it is higher in technology and intensity than social dance.

4. Conclusions

Sports dance originated from social dance, but their styles and characteristics are different, reflecting the different social effects of the two kinds of dance, showing great differences. Sports

dance inherits many characteristics of social dance, but also has its own unique style. The influence of ballroom dancing on sports dance can not be neglected. The commonality between them makes the development of sports dance deeply imprinted with ballroom dancing. Sports dance requires dancers' movements and postures to be higher, which belongs to sports competitive events, so it is higher in technology and intensity than social dance. Sports dance and social dance belong to the same kind of dance system. They are closely related and inseparable as a whole. Social dance has a far-reaching influence on the development of sports dance. Sports dance developed rapidly in the later period, and its manifestations still did not jump out of the circle of social dance. However, sports dance is more competitive and ornamental and has gained more and more recognition in the world. Sports dance has many advantages of social dance. At the same time, it removes its dross, extracts its essence and continuously absorbs new elements, which makes sports dance more lively and full of the flavor of the times and forms its own unique style.

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