

Application of Dance Skills in Dance Performance

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Abstract: Dance skill generally can be considered as one of the most important means in a dance performance system. Dance movements can be well displayed only through the application of sophisticated skills. In addition, the ideological connotation of dance works can be manifested. However, in the practice of dance teaching, most of learners still have problems urgent to be solved in the application of dance skills, which even have an adverse effect on the effectiveness of dance performance. Through summarizing some dance techniques, this paper has elaborated the important significance of dance skills in dance performance, analyzed common problems in the application of dance skills in dance performance, and suggested some ideas for further application of dance skills in dance performance.

1. Introduction

Due to the continuous increase of Chinese social modernization level in recent years, people's demand for aesthetics has also been greatly improved. Single dance art forms in traditional sense are hard to meet the aesthetic requirements of modern people. The requirements for dance are the same. Dance performance should keep up with the trend of the development of the times, which requires to innovate the dance skills so as to enhance the expressiveness of dance performance. Application of dance skills in dance performance can inherit and develop good dance skill, and can also keep pace with the development of the times.

2. Overview of Dance Skills

Dance skills mainly refer to various types of simple or complex types of movements that are made during dance training or dance performance by accurately applying human skeletons, ligaments, and muscles. If observing art contents and form, we can find dance skills have very important values. Dance skill is an important aspect of dance art. Meanwhile, dance skill is an important part of dance performance. Both the dance image creation and emotional expression can only be achieved through the application of dance skills. Of course, dance skill is a critical standard to measure the level of dance performance. Whether a dance can perform successfully to a certain extent depends on the application and exertion of dance skills. Therefore, whether or not the dance skill is mature and complete will influence the actual effect of the performance. Therefore, dance learners must practice hard if they want to achieve success.

3. Important Significance of Dance Skills in Dance Performance

Firstly, dance skill can reflect people's feelings. Among the dance works, how can people display the distinctive features of characters vividly? This is determined comprehensive factors. According to the differences in specific dance characteristics, the thoughts and feelings embodied in dance are not exactly the same. In order to better demonstrate the perfect dance art, we must fully grasp the actual emotions of characters in the dance, which is crucial to the comprehensive realization of dance art. Not only dance art should be given actual emotions, but other types of art works should be endowed with emotions. Dance art should display emotions, but also should have standard requirements for dance skills. Most dancers will use dance skills by displaying and applying fixed performance, which will lead to stereotypes and lack of appeal because most dancers do not pay attention to emotional

expression so that they cannot be outstanding performers. A dancer with superb skills must be able to fully embody dance skills, and also show his truest emotions during the performance process, to clearly demonstrate the characters vividly and brightly in the dance and depict the character's features accurately. In general, emotions can be the best way to impress the audience and to arouse the resonance of the audience.

Secondly, dance skills can show the distinctive features of characters. People are willing to appreciate dancers' performance by using skills and techniques so as to achieve the visual aesthetics. Therefore, when appreciating dance art performance, audiences are inclined to pursue dance with delicate dance skills. In the process of dance performance, dance skills can not only vividly depict the characteristics of characters, but can also set off the emotions in the dance so that the dance performance can play a prominent role in promoting audience's emotion and promote the dance performance sublimated to a higher level to achieve better results. For dance performances, dance skill as most important component is also an important aesthetic content for the audience. However, simple application of dance skill cannot achieve successful goal in dance performances, which is not the most important pursuit of the aesthetics for the audience. In general, dance skill as a manifestation of dance art can truly realize the value of dance performances only by associating dance skills of dance art.

4. Common Problems in Application of Dance Skills in Dance Performance

Firstly, lack of a good basis for dance skills. Dance as a technical art form must be supported by a solid technical foundation. Dance skill exactly is such a basic ability. The more solid foundation of dancers' dance skills, the more sophisticated their performance skills. The problems that are manifested in a large number of dance performances today are mainly due to lack of adequate dance skills. Because of poor artistic skills, dancers are unable to achieve greater development in the area of dance performance. Dancers must go through a longer and more painstaking training process so as to become more skilled in dance performance. If dancers can truly developed dance skills with solid foundation, they can skillfully use dance techniques comprehensively in dance performances.

Secondly, overemphasis on dance skills. In the process of dance performances, we should pay attention to digging out other aspects of factors apart from dance skills, such as character's emotions and body languages. These factors and dance skills will jointly conduct to a more complete dance performance. However, some dancers place too much emphasis on the expressiveness of dance skills, and just want to perform difficult, high-quality, high-level dance movements, but ignore the expressions of characters' emotions so that their performance is very hollow without its soul. This actually gives up the essence. An excellent dancer should the dance skills to express the characters' emotions on the premise of mastering the characters' souls and ideas, instead of simply pursuing techniques. Therefore, dance performers should not only pay attention to grasping dance skills, but also need to pay attention to other factors which are closely related to dance performances.

5. Some Ideas of Further Applying Dance Skills in Dance Performance

Firstly, integrate dance skills with dance performances. Through dance performances, the dance skills are designed based on dance stories. Accurate application of dance skills can enhance dance performances and intensify the characters in the dance, so that emotions can be conveyed to the audience more vividly to arouse audience's strong resonance. For example, when expressing people's exciting and high spirit, dancers often make related movements such as rapid flipping and rotation, thus strengthening the tense atmosphere of the dance story and raise audience emotions. In the process of dance performance, all dance skills should be set according to the plot of the dance story instead of randomly being added or reduced. They must be performed in accordance with the progress of the dance story. Excellent dancers should learn to connect dance skills with performances together, which can not only enhance the appreciation of dance performances, but also can help dancers to

vividly shape character image. Audiences can appreciate and fully experience the exquisite and delicate part of dance.

Secondly, improve dancer's basic skills. As most of the learners lack basic dance skills in varying degrees, especially on the level, it is very necessary for the dance teacher to further cultivate students' basic skills. In this aspect, Russian piano teaching has good referential value for us. All students after being admitted to a higher education institution should reconstruct their basic skills regardless of the previous performance ability, and they should also carry out projects which specifically evaluate basic dance skills. Once a student's basic skills fail to reach the standard, he or she cannot gain recognition from the educator despite of the outstanding ability in other areas. We can have a solid foundation for our own dance performances only after carrying out serious basic skills training. In other words, actively guide students to have an accurate understanding of basic teaching skills. At present some learners with misunderstandings think it not important to practice basic dance skills, and even think it hard to display the dancer's basic skills in short-time dance performances. In fact, this is not the case. A dance performer with good basic skills can bring people good aesthetic enjoyment, let alone those who have excellent dancing skills. Some viewers with several years' appreciation experience can judge a dancer's basic skills at a glance, and then they can assess the overall performance of the entire dance performance. Therefore, we must instruct dance learners to pay full attention to basic skill training. At the same time, scientific and standardized training methods should also be used properly. It is a long and boring process to train basic dance skills, which makes a large number of students feel fearful. Therefore, dance teachers should introduce more abundant and flexible methods and means to deal with this issue. For example, a phased goal pedagogy can be adopted to divide a specific teaching task into several small goals, so that learners can gradually complete the task according to the well-prepared plan in advance. Once the learner has achieved a small goal and obtained the joy of success, they will take more initiative in the next-step study, thus laying a good foundation for the subsequent dance performance.

Thirdly, strengthen the understanding of characters and grasp characters' emotions in dance works. In order to perform dance works in a better way, dance performers must strengthen the understanding and emotional control of characters involved in the works. Dance skills are also of no practical use and it is difficult to play a role in dance performances if too many techniques are used. They only make the viewer feel rather stiff. For the purpose of better dance skills used in the process of dance performance, we should deepen our understanding of and understanding of dance stories so that we can fully integrate dance skills into dance performances and exert skills imperceptibly, which will make audiences feel very natural and harmonious. Based on this, dance performers should obtain an in-depth understanding of the thoughts and feelings in the dance works so that they can better apply the dance skills to actual performances and better satisfy audiences' requirements.

Fourthly, increase the chance of stage practice. Open stage performances to public can be an essential feature of dance art, which shows excellent dance expressiveness. It is also a basic skill that a dance learner should master. Considering the current situation, dance performers tend to have different problems such as tension or lack of skills, easiness to forget. Therefore, students can truly improve the adaptability to the environment only after experiencing real singing process again and again, and can also give a full play of their skills. Teachers should try best to provide enough opportunities for learners to perform stage performances. For example, it is necessary to set up well-equipped concert hall can and establish a good collaborative relationship with art groups outside the school, which will satisfy the needs of dance teaching, and also allow learners to get more practical opportunities. Dance teachers should also use various methods to enhance the learners' ability to practice on the stage. For example, a regular contact system should be established with the relevant departments to ensure that learners have the opportunity to perform on stage, and this can lay the foundation for their future employment.

Fifthly, apply dance techniques scientifically. Although dance skills are of great value in the process of dance performances, excessive pursuit of dance skills can also greatly misguide dancers. Therefore, dance performers must be objective and fair in their knowledge and attitude towards dance skills, with full attention to the scientific application of dance skills. Dance performers need to

strengthen their understanding and comprehension of dance skills, fully recognize that excessive application of performance skills will hide the true emotions in the dance. Dancers must strengthen their understanding of the characters' feelings and should not overemphasize on dance skills. Meanwhile, they should not ignore the overall grasp of dance works or just pursue short-term sensational effect. At the same time, characteristics of individual characters and thinking habits should be taken into consideration when compiling and creating dance works. Instead, dance performers should strive to use dance skills to describe characters' features so that the value of dance skills can be realized in a better way.

6. Conclusion

In conclusion, dance performance is not only a skill for seeking a livelihood, but also an elegant art. Integration between art and technique determines that the dance skills have very important values. To maintain relevant market competitive power of dance art, it is necessary to keep innovating specific dance skills so as to better improve the expressiveness of dance art. Integrating dance skills into dance performance means to consider the inheritance of tradition and innovation of modern art, which can make dance more charming and bring visual and emotional aesthetics to people.

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