

Research on Strategies of Improving Students' Dance Performance in College Dance Teaching

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Abstract: In order to improve the dance performance of students in college dance classes, it is necessary to maintain the basic knowledge of students' dance movements, ensure the standardization and accuracy of movements, and at the same time, cultivate the emotional ability of students, and students' imagination and sense of rhythm as well. The experience helps students to effectively improve their understanding of dance and master mature dance skills. With the continuous development of society and economy, people's aesthetic consciousness continues to increase, and the requirements for artistic talents gradually grow. Dance can not only improve students' aesthetic ability, but the relevant authorities' attention and investment in dance has increased year by year. At present, the requirements of dance teaching in universities are no longer limited to basic movements and choreography, but gradually turned to cultivation. This paper will discuss the importance of dance expressiveness in college dance teaching, points out the lack of dance expressiveness in current college dance teaching in China, proposes strategies to improve dance expressiveness in college dance teaching, and has special significance for college dance teaching.

The main strength of dance expression is that the dance artist effectively communicates the content and connotation of the dance to the public through the fusion of the comprehensive situation of stage movement, stage design, music and other comprehensive situations, and at the same time promotes public participation. This ability is for the performers themselves. The combination of relatively complex factors with high requirements on technology and abilities, and the ability of dancers to understand dance performances^[1]. In college dance classes, to effectively achieve teaching results, we must adjust various factors to promote students' dance performances. In order to show the connotation of dance, with the constant attention and investment of China's dance industry, dance theory and aesthetic standards are gradually returning to the artistic quality of dance. The requirements for the emotional expression and understanding of dance are getting higher and higher, but at present, many colleges and universities in China have explained less and less the meaning and emotion of dance. Many students cannot understand the importance of dance movements, but blindly follow the standards and order of movements.

I . Ways to cultivate dance expressiveness

1.1 In the college dance class, students' dance pressure is first concentrated on the standards of dance movements. Only accurate movements can express the condensedness of dance more directly and effectively. The performance of specific dance movements is closely related to the basic abilities of students. Only solid basic knowledge. In order to effectively promote the significant improvement of dance performance, we must train the coordination and sensitivity of various parts of the body in strict basic skills training. Students pay attention and adjust the details of the dance to accurately rotate the body movements. Orientation, stretch fingers and toes, show the inherent charm of dance, effectively train students' basic knowledge, and strictly follow different dance style training standards.

1.2 In dance performances, it is usually necessary to match the rhythm of music. For students, they must have a strong sensitivity to the rhythm of music. The entire dance atmosphere will fully

explain the characteristics of dance music in teaching, especially the key notes of dance techniques, so that students can effectively keep up with the rhythm, in daily life, we must pay attention to the evaluation of the degree of mastery of students' music rhythm^[2], and even arrange training and assessment of dances with different characteristics according to the rhythm, so that students master various characteristics music playing methods and key points of rhythm control, dance itself is an expression of emotional connotation, making students realize that dance is not only a simple skill study, but also an inherent skill study.

1.3 Personal emotion can effectively improve the performance of dance. The dancer's own emotions and sensitivities directly affect the performance of his rhythmic body movements. Dance itself has relatively unique emotional and artistic characteristics, and has a deep understanding of content and charm. Increasing aesthetic value and generating unique emotional cores. In terms of emotions, it is necessary to be a good leader, understand the emotional characteristics of different dances, tap the beauty of dance, and master the methods of expressing emotions in different actions. Students must have sufficient imagination to support As long as you have a correct and accurate imagination for your own dance performance, students' ability to control the rhythm will be improved to a higher degree. On the one hand, teachers can directly describe the scene or provide scene-related video and image materials. On the other hand, Students should gain a wealth of personal experience and observe the meticulous and rich nature of society in order to better feel the taste of different dances.

1.4 The expression of dance itself comes from life, but it is higher than life. To improve the expression of dance, we must have a deep understanding of life and nature, so that we can have an intuitive feeling and help us improve the expression of dance. On the one hand, the performance of dance is an imitation of life and nature; on the other hand, it is processed by the artistic characteristics of its own technology. Social life and natural beauty help students collect this intuitive form of dance materials, improve students' sensitivity to imitated objects, expand their imagination, and with enough imagination, we will have a deeper expression of the various elements of dance awareness, raise our awareness, and effectively promote the efficiency of teacher education.

II. Things to pay attention to while improving performance

In the extracurricular stages of daily life, students must be encouraged to come in contact with various works of art and life science knowledge, and expand their knowledge of society and nature. The expressive power of dance reflects the understanding of art and society to a certain extent. Only students can have a deeper understanding or even insight into the expressiveness of dance. When their horizons are broader and their horizons are wider, our daily life should be deeper. At the same time, we should experience different customs and understand different cultures. On the one hand, the lack of dance experience is due to a lack of solid basic knowledge, and on the other hand, a lack of deep understanding and cultural accumulation of more art. For example, if the emotions expressed in dance do not collect enough information and experience, then There will be a certain gap in the expression of dance emotions. Only through personal experience can we mobilize our understanding of dance, promote the creation of dance expressive power through different methods, and direct experience is better than indirect information transmission, and its feeling is more direct. The pressure of dance, which is the inspiration for dance, can stimulate the dance As a form of artistic expression, it requires daily training on the one hand, personal understanding and accumulation of experience on the other, and knockdown of experience. Students need to learn patiently, understand the advantages of other dancers, and take care of their own personality. And make sure you learn well.

III. Strategies to improve performance

3.1 The comprehensive improvement of students' comprehensive quality. The improvement of dance performances requires multidisciplinary cooperation such as music, literature, and art. Under

the influence of various aspects, comprehensively improve the comprehensive quality of students, better understand and express the connotation of dance: First, improve the comprehensive quality of students, actively learn relevant cultural knowledge, broaden their knowledge, and improve students' cultural accomplishment. Students get answers as soon as they have questions; second, set correct learning goals for students and actively participate in learning.

3.2 Consolidate the foundation, enhancing the artistic appeal, and improving the level of dance performance are solid basic knowledge, reaction speed and coordination of dance movements. Comprehensively improve joint training to achieve high sensitivity to whole body movements, making each movement appear natural and unlimited. Let them expose in the dance of multiple complicated movements, each joint can be quickly mobilized, and at the same time cultivate the dance rhythm and movement control, will not make the dance movements rigid, college dance performance level cannot be achieved overnight, it takes long-term. For dance training and training, students need to enrich their skills and foundation to make dance more vivid and resonate with the audience.

3.3 Encourage students to return to life, enrich the artistic imagination, art originates from life, but it is higher than life. Only by studying and living can art be refined and sublimated in ordinary life^[3] and create beautiful dance. The training goal of college dance classes is to promote the creative premise of students. College dance teachers should actively immerse students in life, experience life, discover beauty in life, and bring understanding of life to dance. Now, if students go deep into life, they should carefully observe the characters' psychology and emotions, encourage students to infiltrate these perceptions into dance creation, improve the expressiveness of dance, enrich the artistic imagination of students, and make their dance works closer to life.

3.4 Reform teaching methods to promote the improvement of students' dance performance. In traditional dance teaching in colleges, teachers should reform students' teaching methods and use classroom teaching reasonably according to the suitability of students. At the same time, teachers can guide students through practical situations and multimedia through multiple teaching methods such as situational teaching and case teaching. And other means to enter real life, let students guide students to better understand the background and history of dance creation through real situations, and better express the connotation and emotion of dance performances. For example, teachers teach peacock dance, which can guide students to interact with peacocks in real life. The association allows students to observe and memorize the characteristics of the peacock dance, and to perform some mimicry performances, so that students can better understand the dance. At the same time, teachers should use different teaching methods for students with different foundations and receptive skills. Keep abreast of students' thinking trends, and actively communicate with students, so that students can more actively understand dance, dance better, and improve students' expression ability.

References

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