



REVIEW

Analysis of the Importance of Demeanor Training to the Study of Chinese Folk Dance —Taking Uighur Dance as an Example

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ABSTRACT

Chinese folk dance has a long history and is quite abundant. It is an indispensable source of Chinese classical dance, court dance and professional dance creation. Chinese folk dances are characterized by unpretentiousness, diverse forms, rich content, and vivid images. But these require professional dancers to express through professional training. Even amateur dances need to be completed through well-trained and emotionally full actors.^[1] In the process of training, in addition to the necessary basic skills and other physical training, we also need to train the demeanor. We often say that the eyes are the windows of the soul, and the folk dance is more about expressing a feeling to the audience. If the dancer don't have a good performance and face expression, he or she can't express the dance work at all. Therefore, this article takes the training of national folk dance as the starting point, combining technical training, stage performance, professional dancers and amateur dancers, taking the Uygur as an example.

1. Introduction

The times are developing, and the art of dance is constantly being passed down from generation to generation. It is extremely valuable that our national folk dance is rooted in the production and life of the people. Such inheritance requires teachers or elders to teach skills. These teachers not only teach skills but also convey emotions when teaching. It is a dancer's emotion towards the art of dance, and it is also the dancer's emotion towards the current work, which are beautiful, full of emotions, rich in expression, and exquisite from heart.

2. Chinese Folk Dance

2.1 A Brief Introduction of the Development History of Chinese Folk Dance

Chinese folk dance is a cultural phenomenon. It uses human form movements and thoughts and emotions to express social life, embody national history and convey friendship and express feelings. The development of national folk dance is closely related to China's material civilization and spiritual civilization.^[2] As early as prehistoric times, we used the "hand dance, the foot of the dance" to describe the most primitive dance, the dance life penetrat-

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ed into every aspect of life, everyone did the dance from the heart, the feelings really revealed. With the continuous development of human society, part of it is divided into court dance, which is used to serve the aristocratic life; the other part is divided into folk dance.

2.2 A Brief Introduction to Xinjiang Uygur Dance Culture and Development History

The music of the Xinjiang Uygur people is so beautiful and beautiful, which deeply reflects the unique customs of the minority people in the northwestern border of China.^[3] The Uighur people inherited the musical traditions of ancient Western regional musical instruments such as "Kashgar Music", "Qiuci Music", "Chotscho Music", "Keriyu Music" and "Yizhou Music". At the same time, it has also extensively absorbed the essence of music and dance in many regions and ethnic groups in Xinjiang, the Central Plains, and the East and West co, and gradually formed folk music and folk dances with unique characteristics and different styles.

The dances of the Xinjiang Uygur Group are subtle, beautiful and calm, especially the graceful and elegant actress dances, and the vigorous and unrestrained actor dances the folk dance "Maxrap" with a broad mass base, warm and cheerful, the dance has Uyghur characteristics.

3. Demeanor in Dance

3.1 Appreciate the Dance Demeanor from the Dance Training and Performance

3.1.1 Single Dance Element Training Settings

Take the national folk dance curriculum in colleges and universities in our country as an example to elaborate. As a dance major student, the National Folk Dance Materials class is accompanied by four years of university time as a compulsory course for each semester. During these four years, we will be exposed to many different ethnic dances. They have beautiful and different styles. In terms of the Uyghur style teaching settings, it is divided into the following combination training: basic temperament, basic dance posture, basic pace, eyes, and comprehensive performance combination.^[4] From this, we can see the importance of demeanor training in the whole Uyghur dance learning, and integrate the demeanor exercises into the practice of each dance. It is crucial for whether to fully grasp and interpret the beautiful Uighur dance.

3.1.2 Strengthen the Requirements for Dancers' Stage Performance

The stage expression includes both the dancer's mastery of the dance technique and the dancer's control of the emotion. Ten minutes on the stage, ten years of hard work, all the dancers in the classroom study hard to present the most beautiful dance, the most expressive eyes and the

most sincere emotions on the stage. Therefore, for each dancer, the learning in the classroom is important, but the practice on the stage is more effective and necessary. The teacher emphasizes that the performance of the students on the stage should be infinitely magnified and full, knowing how to express emotions with eyes and expressions to resonate with the audience.

3.2 The Importance of Appreciating the Demeanor from Uighur Dance Costumes, Makeup and Music

Uighur costumes are bright and bright, and the makeup is more focused on the eyes, and the music is passionate. These are all determined by its national characteristics. The Uighur girl has a veil, and people can only appreciate her beauty through her eyes and appreciate what she wants to express. Therefore, we often see that the eye makeup of female dancers in Uighur dances will be gorgeous and beautiful.^[5] All art originates from life. Many female dancers in the dance works also wear veil, which requires the actors to have a good attitude and convey their feelings with a beautiful pair of eyes.

4. The Requirements for Dancers' Demeanor Training

4.1 Faced with Professional Dancers

Day after day, year after year, professional dancers use their hard work and sweat every day to enhance their professional skills and train their limbs to perfection. However, because many dancers are still young at the beginning of the dance, they cannot understand each dance movement. The inner meaning of dance works is only performed by the body. Therefore, in the face of professional dancers, it is necessary to combine the practice with the theory and practice the dance works. The eyes are the windows of the soul, and the hearts will be revealed through the eyes.^[6] Only in this way can we develop outstanding dancers with all-round development.

4.2 Faced with Amateur Dance Lovers

In the face of amateurs, as dancers, we must encourage and actively guide them so that these fans can love the art of dance from the inside out, let them bravely and confidently stand on the stage to express themselves, convey emotions and deduce the dance.

4.3 Chinese Folk Dance Examination Textbook

The Chinese folk dance examination textbook aims at children who have just learned to dance. Through studying this textbook, the children not only exercised their body, increased their self-confidence, but also liked the dance in their daily efforts. Each dance in this textbook is a complete small work. It emphasizes the students' good grasp of the body movements and emphasizes the requirements of the students' eyes, expressions and other expressions.

Instead of simply moving with music, the national music, costumes, culture and customs behind these dances will give children a deep understanding. For every child who learns to dance, this is a good trend for the whole dance education system concept. It will continue to promote the development of China's dance industry.

5. The Influence of Chinese Folk Dance Development of on Dance Art

5.1 The Influence of Chinese Folk Dance Development of on Chinese Dance Art

Chinese folk dance culture, like the folk dance culture of other nations in the world, is the oldest form of art. It has been running through thousands of years, constantly developing and changing and influencing other art forms. As a cultural carrier, it has a rare vitality.^[7] With the changes of the times, it is constantly developing and changing. It is this tenacious vitality that has made the folk dances withstand the test and live endlessly. The world folk dance is like this, as is the Chinese folk dance. No art can be as direct, vivid, and appealing as folk dance. It is also the most intuitive expression of the character, temperament, temperament, and way of life, essential spirit, material culture, living conditions and even religious beliefs of the people of the nation. Therefore, folk dance has an irreplaceable important position in the history of Chinese aesthetics and has become an indispensable part of Chinese cultural composition.

5.2 The Influence of Chinese Folk Dance Development of on World's Dance Art

As Goethe once said that "the more it is national, the more it is the world." As an ancient multi-ethnic country, China not only has uninterrupted social development civilization, but also has rich history and culture. Chinese Fifty-six ethnic groups have their own characteristics. Interact with each other.^[8] Looking at the whole world, although they

have different cultures, different histories, and different beliefs, they all have a pair of eyes that discover beauty and appreciate beauty. They may not be fluent in each other but can convey friendship, friendship, and friendship through dance. With one hand and one eye, you can convey the most sincere emotions to each other and infect each other. As a part of the whole dance art, Chinese folk dances continue to promote the continuous development of the entire dance industry. Let dance art open like a beautiful flower in the forest of art.

6. Conclusion

In summary, Chinese folk dance requires professional dancers to express through professional training. Even amateur dances need to be completed through well-trained and emotionally full actors. In the process of training, in addition to the necessary basic skills and other physical training, we also need to train the demeanor. Demeanor training is a small part of the training of Chinese folk dances, but although it is a small part, it plays a vital role in cultivating a good dancer.

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