

# Research on the Path of Integrating Chinese Dance Movement Elements into Sports Dance

Ruonan Liu

Graduate University of Mongolia, Ulaanbaatar, Mongolia

## ABSTRACT

This paper studies how the movement elements of Chinese dance are integrated into sports dance, and discusses the path of integration. By analyzing the characteristics of traditional Chinese dance and the requirements of sports dance, it is found that there is a certain fit between the two. In the context of cultural inheritance and innovation, this article proposes some feasible paths, including cultivating the cross-domain ability of dance coaches and athletes, strengthening the cross-integration of dance and physical education, and promoting innovative dance creation. These paths are expected to promote the better integration of Chinese dance movement elements in sports dance, and provide new ideas and methods for the development of Chinese sports dance.

## KEYWORDS

Chinese Dance; Sports Dance; Element Integration; Cultural Inheritance; Innovation Path.

## 1. FORWARD

Chinese dance has a long history and has a long history and rich cultural connotation. With the development of the times, Chinese dance continues to absorb foreign cultures while retaining traditions, showing diversity and inclusiveness. At the same time, sports dance, as a sport that combines dance art and sports competition, has gradually attracted people's attention and love. In this context, how to integrate the movement elements of Chinese dance into sports dance has become a topic of great concern.

## 2. CHARACTERISTICS OF CHINESE DANCE MOVEMENT ELEMENTS AND REQUIREMENTS OF SPORTS DANCE

### 2.1. Characteristics of Chinese Dance Movement Elements

Traditional Chinese dance has carried rich cultural connotations since ancient times, and its movement elements have unique characteristics in form and connotation.

First of all, Chinese dance pays attention to the display of body curves. In Chinese dance, the body curves of dancers are often soft and smooth, such as the undulations and lightness of the dancer's arms in the water sleeve dance; or the combination of strength and flexibility shown by the dancers in the Shaolin dragon dance. The display of this body curve not only reflects the flexibility of the dancer's body, but also reflects the Chinese people's pursuit of natural beauty. Secondly, Chinese dance attaches great importance to the use of gestures. Gestures are often used in Chinese dance to express emotions, depict scenery, narrate stories, etc., which has rich symbolic significance. For example, in Peking Opera, the actor expresses the character's personality and emotional state through

the change of gestures; in classical dance, the dancer's hand movements are often elegant and delicate, such as the dancer's hands in the fan dance.

In addition, Chinese dance pays attention to the rhythm and rhythm of the step dance. Foot dance plays an important role in Chinese dance. Dancers use the movement of footsteps to shape the sense of rhythm and rhythm of the dance. For example, in square dance, the dancer's footsteps often cooperate with the rhythm of music to form a cheerful and lively dance atmosphere; in classical dance, the dancers' footsteps often have a sense of rhythm and strength, such as stamping, turning and other movements on the stage of Peking Opera.

## **2.2. Requirements for Sports Dance**

As a sport that combines dance art and sports competition, sports dance has high requirements for the physical quality and technical requirements of athletes.

First of all, sports dance requires athletes to have solid dance skills. This includes the proficiency of the dancer's dance posture, dance steps, rotation, kicking and other technical movements, which need to reach a certain level through long-term training and practice. For example, in Latin dance, dancers need to have elegant dance posture and flexible pace, as well as a high sense of rhythm and coordination. Secondly, sports dance requires athletes to have good physical fitness. This includes strength, flexibility, endurance and other qualities. Dance movement requires high flexibility of the body. Dancers need to improve the softness and flexibility of the body through stretching training and flexibility training. At the same time, dance movement also requires a certain amount of endurance, and dancers need to maintain a certain amount of endurance and physical strength during performance.

Finally, sports dance also requires athletes to have good performance and stage charm. Dance is not only the display of technical movements, but also the expression of emotions and the inner world. Athletes need to convey emotions, show personality and attract the attention of the audience through dance performances, which requires athletes to have high performance skills and stage charm.

## **3. EXPLORATION OF THE PATH OF INTEGRATING CHINESE DANCE MOVEMENT ELEMENTS INTO SPORTS DANCE**

### **3.1. Dance Instructors and Athletes Who Cultivate Cross-domain Abilities**

To integrate Chinese dance movement elements into sports dance, the key is to cultivate dance instructors and athletes with cross-field abilities. This requires comprehensive consideration and practice in terms of education and training, curriculum and talent selection.

First of all, for the training of dance instructors, we should pay attention to the learning of cross-domain knowledge and the cultivation of ability. Traditional dance instructors may have solid dance skills technically, but they may not know enough about the rules and requirements of sports dance. Therefore, dance coaches can understand the characteristics and requirements of sports dance by offering cross-domain courses, such as physical education, competitive rules, psychological training, etc., so as to better guide students' training and competitions. Secondly, the cultivation of dance athletes also needs to pay attention to the cultivation of cross-domain ability. Dance athletes need not only to have excellent dance skills, but also have certain sports literacy and competitive ability. Therefore, in the process of talent selection and training, students with multiple skills and specialties can be selected to pay attention to the cultivation of comprehensive quality, so that they can understand the relevant knowledge and skills of sports dance while learning dance technology. In addition, we can also carry out cross-field education and training programs through cooperation with sports colleges and dance schools to jointly train dance coaches and athletes with cross-field capabilities. This can not only effectively integrate resources, but also promote exchanges and

cooperation between different fields, and provide more diversified choices and development space for dance education and sports training.

### **3.2. Strengthen the Cross-integration of Dance and Physical Education**

Strengthening the cross integration of dance and physical education is of great significance for integrating Chinese dance movement elements into sports dance. This kind of cross-integration can not only promote the all-round development of students, but also improve the artistic level and competitive level of sports and dance.

First of all, the cross-integration of dance and physical education can be strengthened in the curriculum. Traditionally, dance and sports are often set as two separate subjects, and students rarely have the opportunity to cross-learn and integrate practice in the learning process. Therefore, by adjusting the curriculum, dance and physical education can be organically combined to provide some interdisciplinary courses, such as dance training and physical training, dance anatomy and sports physiology, etc., so that students can learn dance technology and also understand the relevant knowledge and skills of sports training. Secondly, exchanges and cooperation in dance and physical education can be promoted by carrying out interdisciplinary teaching activities. For example, you can organize activities that combine dance performances and sports competitions, so that students can feel the beauty of the integration of dance and sports in performance and competition; you can also invite dance artists and sports coaches give exchange lectures, share their experience and experience in their respective fields, and broaden students' horizons and thinking. In addition, the exchange and cooperation of teachers can be promoted by holding interdisciplinary seminars and training courses on dance and physical education. Dance teachers and physical education teachers can participate in seminars and training together, learn each other's strengths and experiences, and improve their teaching level and ability.

### **3.3. Promote Innovative Dance Creation**

In the process of integrating Chinese dance movement elements into sports dance, it is very important to promote innovative dance creation. Innovation can not only enrich the expression of sports dance, but also stimulate the interest of dancers and audiences and promote the development of sports dance.

First of all, innovative dance creation can be achieved by reinterpreting and combining traditional Chinese dance movement elements. Although traditional Chinese dance elements have unique charm, with the changes of the times, continuous innovation and development are needed. By combining traditional dance movement elements with the expression techniques of modern dance, you can create dance works with a sense of the times and personalized. For example, traditional Chinese gesture movements can be combined with the body language of modern dance to create expressive and infectious dance works. Secondly, innovative dance creation can also be achieved by exploring new dance styles and forms of expression. Traditional sports dance is often limited by rules and routines, and it is difficult to show personalized and diversified characteristics. Therefore, you can inject new vitality and creativity into sports dance by creating new dance styles and expressions, such as hip-hop, modern dance, etc. This innovation can not only attract more young people to participate in sports dance, but also promote the improvement of the artistic level and competitive level of sports dance. In addition, innovative dance creation can also be achieved by tapping the dance resources in traditional Chinese culture. Chinese traditional culture contains rich dance resources, such as folk dance, classical dance, etc. These dance forms have profound historical and cultural connotations, which can provide rich materials and inspiration for the creation of sports dance. Through the rearrangement and innovative interpretation of traditional dance, we can create new dance works suitable for sports dance competitions and inject new vitality and motivation into the development of sports dance.

## 4. CONCLUSION

In the exploration of integrating Chinese dance movement elements into sports dance, the paths of cultivating talents with cross-field capabilities, strengthening the cross- integration of dance and physical education, and promoting innovative dance creation have shown great potential. Through our efforts, we believe that the integration of Chinese dance movement elements in sports dance will be more in-depth, injecting new vitality into the development of sports dance, and also contributing to the inheritance and innovation of Chinese culture.

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