

The Application of Dance Techniques in Dance Performance

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Abstract

Dance is an artistic expression, and the use of technology is an important means to reflect this artistic form, and it is also the success or failure of a dance. Dancing is an art, with various techniques and endless beauty. Therefore, the organic combination of techniques and techniques can not only make the expression of dance more smooth, but also enrich the feelings of dance and increase the artistic value of dance. Therefore, starting from the basic overview of dance technology, through the description of dance, this paper expounds the application of technology in dance, so as to provide reference for the artistic performance of dance.

Keywords

Dance techniques; Dance performance; Performance application.

1. Introduction

The artistic level of dance depends not only on whether the dancer's body is smooth, but also on the skills and techniques of dance gestures. If you can skillfully use the skills, you can greatly improve the effect of dance steps, and maximize the inner connotation and feelings of dance. Among all dancers, skilled dancing skills are indispensable, which is why every dancer should improve his dancing skills through constant practice to make his dancing more beautiful. The techniques and techniques of dance change with the development of the times. Therefore, the requirements for each dancer are different, and the requirements for dance techniques are diverse. Therefore, every dancer must master and apply the current dance techniques skillfully, and constantly learn new dance techniques to sublimate the emotion of dance.

2. What Is Dance Technique

The application of dance skills is that dancers use their own limbs to perform a series of professional movements such as jumping, rotating and controlling in a specific time and space, which is a manifestation of dance. For example, dancers should have good flexibility and muscular development. Take the classical dance as an example. The dance steps, turn over and purple gold crown are all the ballet movements we often see, such as two turns, four turns, big jump and deer jump, which must be learned by dancers. No matter what kind of dance above, the dancing posture is very helpful. However, excessive use of dance techniques will also affect the artistic expression of dance. In the dance steps, the dancers must coordinate the bones, muscles and ligaments to achieve a series of smooth movements. These movements are different from the commonly said body language and have rich emotional connotation, so they are called dance techniques. The essence of dance techniques is the combination of artistic creation and technical performance of dancers. It must have rich aesthetic value, thus bearing the artistic connotation of dance performance and making it a unique artistic form.

Dance is an art of expressing feelings. Therefore, dance technology is not a simple physical action, but through exaggeration and beyond the limits of the body to show more feelings. In the art of dance, there must be enough technology. Even the gentle dance steps must have infinite strength, so that the audience can feel the vitality of dance; Proper control of the range

of movements and exaggerated body movements are the fundamental characteristics of dance techniques, but exaggeration does not mean that there is no restraint. On the contrary, skilled and exquisite dance movements require dancers to absolutely control their bodies to ensure the range of movements and the expression of feelings. Dancing techniques are a form of beauty. Dancing can give people the enjoyment of beauty. The most direct feeling of the audience is the dancer's body, or the dancer's technology. In dance, dancers should transform their body movements into a strong, clear, concentrated and generalized dance language, thus forming an artistic image. In the training of technical skills, dancers should not only master the movements skillfully, but also ensure the accuracy of the movements, and beautify the movements from the perspective of beauty. At the same time, they should pay attention to the connection of the movements, avoid the pause of the movements, make the movements smooth, so that each movement can be perfectly displayed. The fundamental difference between dance and acrobatics and rhythmic gymnastics is that dance focuses on expressing the thoughts and feelings of the actors and arousing emotional resonance of the audience; The latter focuses on technological breakthroughs, showing people's courage and wisdom [1]. In this case, the technical performance of dancers should not be confused by showing off their skills. They should have clear emotional performance tasks, perfect combination of technology and emotion, and form a more distinctive and intuitive artistic image. In dance performance, we must be based on people's emotional needs, recognize the important role of technology in expressing emotions and meeting the psychological needs of the audience, so as to further deepen the social value of dance performance art.

3. The Necessity of the Existence of Dancing Skills in Dance Performance

Dance performance is an artistic activity that integrates aesthetics and art. It requires people to show their emotions in dance through various dance techniques. Dance is created by the life that the dancers feel in the creation process. It contains some emotional and social factors, and all of these need dance action to express. An excellent dancer must have superb dancing skills to make the audience resonate and convey his emotions to the audience. In order to show the beauty of dance, dance technology is one of the key factors. Proper technology and techniques can best reflect the stage effect and convey the true feelings of dance. In a word, dance performance depends on dance techniques and techniques, which are artistic because of dance performance, and they promote each other.

4. Problems in the Practical Application of Dance Skills in Dance Performance

4.1. The performer's dancing skills are too weak

If a person wants to maximize his dancing skills, he must have a deep foundation in dancing. The more solid the foundation is, the higher the performance skills and standards will be, and the better the effect will be. However, not all dancers have a solid foundation, which has led to the dancers' progress in dance technology. On the stage, if they can not master their own dance skills well, they will make a negative impression on the audience, and even affect the overall effect of the performance.

4.2. Too many dance skills are deliberately used in dance performance

Although dance technique is very important in dance, it does not mean that to master a variety of dance techniques, one must achieve the best effect. To achieve the best performance, one must not only master dance techniques, but also pay attention to the expression of feelings and coordination of limbs. Some dancers will only focus on the dance skills, but will not express

their emotions. When performing, their emotions will become very bad, making people unable to feel what they want. Even if they master higher skills, they will not be able to improve greatly.

5. Analysis on the Application of Dancing Skills in Dance Performance

The so-called dance technique is not a kind of difficult dance, but a kind of portrayal of characters. If you want to shape the character of a character better, you must master your own dance posture. Dance performance is generally to maximize the charm of dance and let people experience its charm. Therefore, in dance creation, dance techniques and techniques must be integrated into the dance to make the dance more flexible. In dance skills, difficult movements are often based on turning, turning, jumping and other movements to set off and strengthen the mood of dance [2]. The techniques and techniques of dance cannot blindly pursue high difficulty. The high difficulty of dance does not mean high difficult movements. It requires the perfect combination of dance techniques and dance performance, so as to better display the effect of dance and improve the artistic value of dance.

In practical application, due to the over emphasis on the application of technology, the weak technical foundation and other problems, the performance of dance is often negatively affected. Dancing is an art as well as a technique, which requires dancers to have good basic skills so as to cope with various situations. From the current situation, many dancers do not have solid basic skills in technology and techniques, and their flexibility is not enough, which will have a negative impact on the actual effect of dance. But if we pay too much attention to dance skills, we will neglect other things. Therefore, the skills of dancers are very important, but they should also be used correctly. When performing dance, we should not simply combine dance techniques and techniques, but pay attention to the emotional expression of dancers. The emotional expression of dance must be based on certain skills and techniques, and it is impossible to be moved without a soul. It is necessary to combine the techniques and techniques of dance and bring the artistic essence of dance into full play, so as to better reflect the connotation of dance art. Therefore, a good dance work must use appropriate dance techniques to combine it with the content to be expressed by the dance. Only by deeply feeling the content of dance can we fully show the skills and techniques of dance.

When using dance techniques, dancers should transform them into intangibles and not imitate them rigidly. The highest level of dance art is to organically combine dance and skills. In the process of dance, the use of dance techniques and skills can express people's feelings, so that people forget the techniques and skills of dance, so as to achieve the highest level of dance performance. When using dance techniques, dancers should pay attention to proper methods. Only by correctly understanding dance techniques can they use them better. Therefore, choreographers and actors should fundamentally improve their awareness and use correct methods to understand dance techniques. Some excellent choreographers often combine the dance with the actors themselves according to the characteristics and requirements of the dancers and the connotation of the dance to achieve the effect of the dance.

6. The role of dance techniques in dance performance

6.1. Dancing skills can help dancers understand the dance image in depth

To combine dance technology with dance art, we must first have a correct understanding of the images contained in the works. The characters in each dance work have their own characteristics, different emotions, different thoughts, different dances, different dance movements, and different techniques. For example, the performance of "The State of the Eagle" is to shape the image of the eagle very well. Before the performance, we need to simulate and practice the movements of the eagle, and add some dance skills to make the image of the eagle

more vivid and infectious. It can be seen from this that before performing on the stage, dancers must repeatedly simulate the characters in the performance, together with the corresponding dance skills, so that they have more profound connotation and artistry, thus making them more vivid.

6.2. Dancing skills can help the dancers shape their images

The key to a complete dance is to show the image, and the key to shaping the image is the integration of the dancer's body and dance technology. In *The Spirit of the Bird*, the dancers used a lot of skills to show the image of a peacock, which makes people think that she is like a beautiful peacock. It is impossible to do this only by her body. The most important thing is to integrate the dance skills into the dancer's body perfectly [3]. Dancing skills can greatly improve people's temperament. A person's body movements can not make people enter a real state, but a person's temperament can lift people's spirit.

7. The Rational Use of Dancing Skills in Dancing

7.1. Strengthen the basic skill training of dancers

The rational application of dance techniques is by no means easy and must have a solid foundation. An excellent dancer must constantly practice to maximize the art of dance. Only by laying a solid foundation can he improve his dancing skills and improve his basic skills. Only in this way can a dancer better master the art of dance.

7.2. Strengthen the understanding of dance culture and emotional grasp

A person who does not understand dance cannot master the art of dance. He must deeply understand the connotation of dance and what is hidden behind the dance. Therefore, a dancer must deeply study his own dance and master the emotions of the characters he plays. Only in this way can a dancer perfectly express the essence and story of dance. Only on the basis of solid basic skills, In order to attract more audience's attention and love, this process is also an exploration of the dance spirit. It is like a thousand readers have a thousand Hamlets in their hearts. What the dancers need to do is to reshape their personality so that more people can see it clearly.

7.3. Increase the dancers' own stage art performance experience

Dance performance is an art form carried out in public, which is not only closely related to the daily basic skills and improvisation ability of dancers. As we all know, impromptu performance is very important to the psychological quality of dancers. Because dancers usually perform in closed dance rooms, many dancers will feel nervous. A good dancer must have rich dance knowledge, so that he can adapt to various situations and become better [4]. Only when we master the control of our own psychology can we make better use of stage art and have a coherent artistic expression.

8. The Application of Technical Skills in Dance Performance

In the dance performance, the choreography and content of the dance is an important factor. In addition, the way of expression and technical techniques of the dance will also impress people, so as to obtain better performance. Therefore, in dance performance, the use of technical skills must be reasonable in order to give full play to its huge functions.

8.1. Expression of emotion by technical skills

Emotions originate from people's inner world, but they must be expressed through actions. With the development of science and technology, people's material life is getting better and better, and people's spiritual life is getting richer and richer. It not only promotes the

development of the material industry, but also has a huge impact on the performance and role of dance. In addition, the proper application of technical techniques can not only express people's natural feelings, but also express deeper philosophical implications. For example, when expressing emotions, emotions and sorrows, it can also stimulate people's patriotic feelings, making it educational. Fan Niu is a traditional women's dance in China. Its main body is a smart, lively and interesting woman. Based on Jiaozhou Yangko, the body beauty of Fan Girl is fully displayed by using technical techniques, so that the audience can better feel the characters' expressions and better understand their inner emotions. In this way, the actors can fully express their body beauty and their emotions.

8.2. Use technical skills to show specific things

In the dance performance, the use of props is not much, but the details are the core of the performance, which has a significant impact on the dance background and performance methods. Therefore, if we want to fully express the connotation of dance, we must use technical means to express specific things. On the stage, actors should be good at using their own skills to mobilize the power on the stage. Some dancers combine dance techniques with their bodies to show the unique charm of dance with a unique body movement, which has won the favor of the audience and become a classic [5]. For example, "The White Haired Girl" is a classical ballet representing the national culture. It can make people feel the real scene and objects through every part of the body, which is the highest level of an artistic technique, the combination of form and spirit.

8.3. Presentation of artistic conception by technical skills

Artistic conception is an inseparable factor for any kind of art. Especially in dance performance, it can deepen the subject, stimulate the imagination of the audience, and enhance the visual experience of the audience. From the perspective of art, different art forms need to be expressed with different techniques, different art styles will have different characteristics, and different dance forms will have different ways of expression. For example, Songs in the Rain, with rain as the core, makes the audience feel immersive by rendering the surrounding environment, which is more helpful to feel the beauty of the artistic conception. Artistic conception is an ethereal thing, but it can make people feel real. The conversion between reality and falsehood requires a good skill.

9. Conclusion

To sum up, in dance performance, the use of dance skills is very important. In real life, actors should not only integrate the art of dance into the performance, but also combine their emotions with dance, so as to maximize the stimulation of the audience's mind, improve the level of the program, and immerse the audience in the charm of dance. As time goes by, dance skills are constantly updated. Therefore, dancers must actively learn new dance skills and integrate modern elements into their works. At the same time, we should also be brave to inherit traditional skills, integrate traditional skills with contemporary skills, and make them more perfect and artistic. The correct use of dance technology is the key to the healthy development of dance art form, and also the key to promote the continuous and healthy development of dance art form.

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