

Study of Movement Quality Enhancement Strategies in Modern Dance

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Abstract: In the practice of modern dance, many people pay attention to whether the movements are the same as what the teacher has done, whether the rhythm and speed have kept up with the music, and rarely pay attention to the most important part of movement texture, without observing the movement texture shown by the teacher in doing demonstration movements. In modern dance, the performance of movement texture can judge the professionalism of the dancer. How should we train the movement quality of modern dance is the issue to be discussed and studied. In modern dance performance, the accuracy of movement performance and dance texture are inseparable, different dance movement texture, the dance feeling is different, and there is a clear difference in the dance performance with or without movement texture. The main content of this essay is to talk about what kind of importance dance texture has in modern dance, and to explore the strategy of enhancing dance texture in modern dance.

Keywords: Educational Psychology; Higher Education Curriculum; Course Teaching.

1. Introduction

The ultimate purpose of modern dance works is to express the thought and emotion of modern dance works more profoundly and enrich the spiritual connotation. With the progress of society and the development of modern dance, in the process of modern dance choreography, the relevant staff pay more attention to the design of movements, taking the intuitive and simple body language as the premise, using different ways and methods to design a diversified combination of movements and form a good creative structure. In addition, the staff must constantly improve the quality of movements in modern dance, so as to continuously promote the innovation and development of modern dance.

2. Characteristics of Modern Dance

Modern dance originated in the early 20th century and is an emerging school of dance that is in opposition to classical ballet. It responds to the development of the times, echoes modern peace, and is welcomed and loved by people. At the same time, modern dance has a certain ideological nature, advocating the ideas of freedom, equality, openness and tolerance. In order to meet people's needs, the creation of modern dance is getting closer and closer to reality, and the creators integrate the excellent philosophies of life into the creation of dance to attract more audiences to appreciate it. There are many kinds of modern dance, including tango, Latin dance and waltz, etc. These dances share a commonality of being able to reflect the characteristics of the times and fully express the ideas of openness and freedom. In addition, modern dance shows a positive and optimistic attitude towards life. When we encounter difficulties in life, we should learn to let go, learn to be tolerant, hold the view of seeking common ground while reserving differences, learn from the excellent experience of other arts, give full play to our own strengths, and improve the dance to make it more ideological and artistic.

The view of life in modern dance is to go with the flow and express the truest thoughts of the heart. A modern dance

master in the United States once said, "If you don't like someone else's work, then just make up one you like." This statement also intuitively expresses the freedom that modern dance advocates, including the liberation of the body is relatively complete. In following the laws of nature, modern dance can start from the most comfortable and stretching angle of the body, and the size of the movement is controlled by oneself, dancing with the heart. This is one of the reasons why modern dance is so popular in the current society. It expresses the voice of the heart, unlike classical dance which is completely fixed by rules and regulations, such as how high the legs should be controlled and what level the waist needs to reach. In modern dance, these are not fixed, everything is controlled by yourself.

In modern dance, movement texture is an important prerequisite and foundation, and movement texture is an important form of dance expression, and different movement textures will express different dance themes. Modern dance advocates to get rid of the rigid texture of movement, such as classical dance, which is fixed by rules and regulations. It uses the principles of movement in accordance with the laws of nature to express human thoughts and emotions more truly and freely, emphasizing that art comes from life and seeks art from life. In the eyes of the audience, the standard of modern dance is to be spontaneous, to be free, to stretch and to achieve a certain quality of movement.

According to the usual understanding and research of modern dance, we found that the difference between a modern dance performance with texture and one without texture is actually very big. For example, in the modern dance in the Peach and Lee Cup, the texture of the movement shown by a professionally trained dancer is completely different from the movement shown by a dancer who has not received professional movement texture. When the audience looks at the same dance in two ways, they can tell the difference between the movement texture and the contrast between the two at a glance.

If you want to practice movement texture in modern dance, mastering the concept and composition of movement texture is the most basic learning. Only to understand clearly what is

the action texture, action texture by what qualities to constitute, so that we can really understand why we need to pay attention to the modern dance action texture, really pay attention to will go to the serious step by step practice, otherwise not to say whether to practice out, even if the action texture practice out may not be reflected in the modern dance, which also lost the ultimate purpose of our practice.

3. The Connotation of Action Texture

(1) The concept of action texture

The word quality seems to have come into our view suddenly along with the spread of modern dance. The emphasis and attention to the quality of movement is an important difference between modern dancers and traditional dancers. They oppose the classical Miao Lei which only focuses on posture, shape and line, and emphasize more on the real energy occurring inside the body. Returning to nature, the texture of movement is to make people feel the inner self and the deep awakening of the heart through the movement of the body. In fact, this is the pursuit of an essential reality, the real feeling of the direction of the body's energy, so as to gradually approach the essence of the dance movement. There are four main factors that constitute the texture of dance movements, namely, the power of the dance movements, the spatial range of the dancer's body movements, the speed of the dance movements and their duration, and the fluency of the dance performer in completing the dance movements. Only when the dancer grasps these four basic principles when performing the dance, can the dance be performed more perfectly. If any point is not completed satisfactorily, it will affect the overall beauty of the dance and cause deviation in the emotion that the dancer wants to express. The connotation of the dance is expressed through the strength, rhythm and rhythm of the dancer's dance movements, so in order to perform a dance more perfectly and make the emotions it conveys to people more real, more charming and energetic, we must constantly strengthen the dancer's grasp of the strength and rhythm of the dance movements, the fluidity of the movements and the duration of the dance movements in time and space.

(2) Composition gravity of action texture

Refers to the effect of gravity, and the action of light or heavy, strong or weak texture. Time refers to the different length of time of each movement, giving the audience different visual and sensory effects. Space refers to the trajectory of the dancer's dance action, either high or low, straight-line action or diagonal action, etc. Smoothness, refers to the connection between the action and action, to be natural and smooth, in one go, do not appear intermittent, resulting in the whole dance without a sense of fluency, it is impossible to talk about the texture. The above components of the movement texture, to understand them and play their role in the practice, pay attention to their different characteristics. Only in the practice of these movements into the texture of the practice together, so that when the finished dance can better express them, because it has been integrated into each action with your continuous practice, without asking you can see each action with a different texture of movement.

(3) Different movement textures reflect different dance sensations

The texture of dance movements is the expression and symbol in the art of dance. The word texture seems to be suddenly in our lives along with the study of modern dance. Each dance has a different texture of movement, for example,

classical dance is about graceful entanglement, or when you think of ballet, you associate it with nobility, uprightness and graceful movements. These are different movement textures reflected in different dances, while modern dance is about smooth movement, fast and slow, the action can be entwined and linked constantly, but also suddenly stop, can suddenly burst out a powerful action strength, but also some soft small details of the action, etc. These action textures are for modern dance to provide a stronger visual impact and more direct emotional expression, also known as the art of modern dance Expression symbols. The texture of movement acts on modern dance and exudes its characteristics from the movement of modern dance in its entirety.

4. The Importance of Movement Texture in Modern Dance

(1) The power of modern dance is reflected in the texture of movement

In modern dance, in addition to the emotion can express the dancer's heart, the movement texture can also convey the dancer's psychological state, and the dance itself needs to convey a kind of power. This power is more pleasing than the hard power movements, it does not need to go crazy dance, nor does it need to cry out emotionally. In the dance movement, the texture of the degree of completion, bring the feeling is completely different.

(2) Movement texture reflects the cultural heritage in modern dance

Each dance has a different dance texture and brings a different dance feeling. Each specific movement may contain a different connotation. Each different dance style is transformed by the evolution of history, for example, folk dance is highly characteristic of the local style. People in different regions also have different understanding of different kinds of dance, and the same goes for modern dance. In modern dance, the liberation of each movement represents its freedom from the kind of framework of the society at that time, and it can be seen that it has an innate sense of freedom, and dancers should understand the essential attributes of modern dance when completing the dance movements so that they can properly express the culture in modern dance.

5. On the Modern Dance in the Movement Texture to Enhance the Strategy

The basis of modern dance movement texture is training modern dance technique. Modern dance technique training can be further divided into physical, ground, intermediate, spatial flow and other training methods, each of which has their different roles, but no training method can be ignored. Each of the different training styles is both single and integrated. At the beginning of the foundation is separate training, in order to more clearly understand their practice methods, practice role, practice purposes, and how to use out on the movement. When each training method is well mastered to combine them all for more difficult exercises, which can also be called integrated training. Although the integrated training is full of different technical training methods, they must be integrated and at the same time express their different qualities, which is the most difficult part and the most important thing to practice. At the same time, in the training of these movement textures, we must follow the basic

rule of gradual progress, to practice step by step. Pay attention to the problems that should be noted in each exercise, find the problems that occur in your own practice, and try to solve these problems in order to achieve better practice results

(1) Good physical skills training

The essence of training physical fitness refers to the physical strength of a person and the basic activity of the human body. Physical training, as the name implies, is to improve the physical ability of dancers, to be able to complete the basic ability of dance movements, such as speed, reaction, explosive power, coordination and balance. The basis for the formation of a stable, good mental state is to have good physical fitness. Research has proved that dancers in the dance with a stable, good mental state is an important factor in winning and achieving success. Physical training is divided into strength, speed, body flexibility, coordination of several aspects, in the training of these four points can be combined practice. In the training process to make the muscle can be fully elongated, after the end of training to do some relaxation movements, such as shaking legs pinch legs and so on, relax their muscles.

(2) Strengthen the ground technique training

Ground technique training is a very important part of modern dance. It is the body without the center of gravity, the body parts of the joints to strengthen the practice. The key point of the ground training is the breathing training, the breathing drive the body parts to do movements, such as landing, rotation and other movement practice. In the ground training we have to master the power point in different states and different body positions, so that we can complete a series of dance movements without violating the natural principles of the body. Ground exercises are divided into spine, center of gravity shift, balance, waist exercises, squat and other training components. In the case of the initial practice, it is important to learn these parts separately and master the different essentials they have. After familiarizing yourself with all the methods and methods of these parts, then combine them together to achieve better and more comprehensive results. When doing the ground combination of the relaxed state must be all relaxed, to make the movement to achieve the fastest and most natural effect.

(3) Do the intermediate technical training

Intermediate training is based on the completion of the ground training and then strengthen the practice. The purpose of intermediate training is to do some more difficult movements or technical skills. Intermediate technology mastered, rotation, air, jumping some of the movements can be completed easily and freely. Art forms that use the body as a form of expression must be supported by the relevant physical qualities and physical fitness, for example, the training of standing is based on ground training. It is not valid to say that you can practice standing directly beyond the ground training. The intermediate technique practice should be in line with the role of body breathing to complete the action, mainly to train the dancer in the standing state of the coordination of all parts of the body with the ability, especially practice is the ability of the legs. Intermediate technique training can be divided into stretching training, squatting training, leg absorption training, twisting training, leg training, which are the main aspects. In the practice of the first single one by one practice, in the mastery of a good single action on the basis of the intermediate in situ combination practice, and finally over to the mobility combination practice.

(4) Spatial flow technique training

Space flow training is mainly based on footwork and jumping. For example, step movement or jump movement. The footwork training is to lay the foundation for the jumping training afterwards, from simple to complex, from easy to high difficulty. After the spatial flow technique training, you can improve the speed of foot movement and the agility of all parts of the body, the ability to change direction of reaction and body coordination. Space flow technique training is mainly divided into footwork training, jumping training, rotational flow training, space flow training, and comprehensive training. In the footwork training, the focus is on the transition between the center of gravity, so that you can grasp the center of gravity of your body and control the stability of the movement during the flow. Jumping training is to train the flexibility of the ankle and support control ability. When doing jumping combinations, we should pay attention to the realm of lightness and silence when landing in the air. Rotation flow combination is mainly to train the whole body, emphasizing the flow of the center of gravity when the conversion, the direction of the accuracy to be high. In the process of rotation can also continue to flow, maintaining the most substantial body movement and smooth spatial mobility. Whether it is a single movement or change complex movements, in the practice to master the laws of the movement route. This training can help dancers whose movements are not fluid and whose spatial grasp is not accurate to get a great improvement. Space flow training shows the body's maximum tension, in the process also pay attention to the fluidity and rhythm of the movement, must be standardized to complete each movement, emphasizing the integrity. In the practice process pay attention to the coordination of the upper and lower body, in the movement of constant changes in the hands and feet cannot be chaotic, must show a clear line, make the most standard movements, so as to achieve the purpose of training. Comprehensive training is to practice the above points on the basis of a combination of practice after maturity, in the combination of practice should also be like a single training when each action is completed just right, rather than a muddle on the jump, especially the attention should be paid to the details of the part.

In a word, modern dance is an art that can bring strong visual impact to the audience, and the movement texture of dancers affects the soul of the whole dance to a certain extent. In modern dance, movement texture can not only reflect the power of modern dance, but also the cultural heritage in modern dance. Therefore, we can strengthen the movement texture training in modern dance by doing a good job of physical technology training, strengthening ground technology training, doing a good job of intermediate technology training, strengthening the strengthening of spatial flow technology training and other strategies to strengthen the movement texture training in modern dance, so as to give the dance works a more profound soul, in order to better show Dance works.

6. Conclusion

The article discusses the importance of movement texture in modern dance and how it can affect the professionalism of a dancer's performance. It highlights that movement texture is often overlooked in dance training and performance, and suggests that it should be given more attention. The article also explores strategies for enhancing movement texture in modern dance, and emphasizes the need for continuous improvement in the quality of movements in modern dance to

promote innovation and development. Overall, the article provides insight into the significance of movement texture in modern dance and its impact on dance performance.

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