Sports dance artistic expression culture analysis

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Abstract. At present, the sports dance has entered every stage of the people's life, has become the public's favorite sport. Sports dance has been well developed. This article mainly uses the literature material law to carry on the detailed analysis to the sports dance constitution, elaborated in detail the sports dance artistic expression. The composition of sports dance elements; sports dance is a form of dance art show; sports dance through the dance art can be divided into three aspects, namely, form, music, shape of the expressive force. In this paper, the study will be more in-depth excavation of the cultural connotation of sports dance, and promote the development of sports dance can be more comprehensive. In 20s of last century, Chinese Sports Dance Association officially joined the International Sports Dance Association, which also makes our country's sports dance and international exchange more frequent. However, due to China's sports dance sports dance learning time is not long, while learning is influenced by Chinese traditional culture, the sports dance movements are too conservative, there is a very large gap and international enthusiasm, bold and unrestrained, the pursuit of individual sports dance in the dance style, music and performance hand. Sports dance originated from abroad, it is produced in the daily life of people in foreign countries. China's domestic sports dance players in learning dance at the same time, the production and the connotation of dance is not very understanding, therefore, it is difficult to better reflect the emotional expression of sports dance. Although the sports dance is a kind of similar to the competitive projects, but it is also a kind of dance culture, and to constitute a force from the dance art show a detailed study, detailed mining playing officer of sports dance performance further, reducing China's sports dance and international sports dance gap.

1 Sports dance is a collection of all kinds of elements

1.1 Sports elements

As the name suggests, the sports dance must contain the sports element. The origin of sports dance can be traced back to the earliest period of ancient Greece, ancient Greece was very popular in competitive games, adding some characteristics of the dance sport in the combat process in competitive games in. Platon, the great philosopher of ancient Greece, also commented on the dance, which is considered to be a kind of dance that not only shows the fighting force, but also shows the unique elegance of the dance. There is a kind of antagonism in competitive sports, which is the most essential embodiment of human life. Just as people are in the process of participating in a game to get better results of the value is the same.

Sports dance and other sports as we know, need to be very confrontation in the fierce competition, the hope can through confrontation show better level, and strive to win the final victory of force. However, the sports dance and other athletic sports is not exactly the same, the sports dance dancers need to express what they want to express feelings through dance form, it is a pure physical performance, achieve competitive sports in the course of the performance, and in this process also allows the audience was a kind of art aesthetic experience. The sports dance is not only a kind of body language skills through the dance show dance, it is a kind of sport, is through the process of sports dance performances and sports to show dancers for the art and aesthetic pursuit.

1.2 Art elements

When it comes to art, people will think of dance and music. Art is an aesthetic value, is a kind of perceptual cognition, form of art is the most fundamental of perfect life, in the aesthetic process can feel a sense of self existence, to reach a new level of life. For sports dance, the art of sports dance is mainly through the dance movements of emotional expression, through the movement of the body to allow viewers to experience the feelings of the dancers want to express. Different art also has different classification, mainly reflected in the aesthetic aspects, aesthetic aspects. It can be said that art is the most direct way to reflect the human aesthetic consciousness.

Although the sports dance alone to become independent of the arts have certain difficulties, but in sports dance incorporates a lot of aesthetic consciousness, aesthetic value is very high, the sports dance people can get a kind of aesthetic and spiritual enjoyment of the arts. In addition, the sports dance is not separated from the music, it needs to dance through the rhythm of the music, dance special costumes also make the charm of sports dance more prominent. Therefore, the art of sports dance is very obvious, it is not replaced by other factors.

1.3 Cultural elements

People in the process of production and labor continue to create a lot of social life reflects the dance form. Influence of all nationalities of the world dance by different regions and different ethnic societies, historical origin and the production of labor, customs, living environment and other cultural factors, the accumulation of different dance movements, forms, forming a different style of regional, national dance art.

The sports dance is divided into two categories, each including five kinds, national characteristics and style of each species and the birthplace of the living habits, aesthetic concepts, self, self related standard dance originated in the folk dance, introduced into the European Court, is an agency European aristocracy way, with European culture Latin dance is the body; in combination with African culture, Indian culture and southern European culture, western "individualism and creative" cultural characteristics but also deeply affects the sports dance development process, the formation of many characteristics of modern sports dance, and the formation of social, material and spiritual charm of the special one good dancer, not only have the skill of dance technique, but also have profound cultural connotations and aesthetic taste, in order to match with the transformation to meet the concert dance Dance movements of environmental and cultural artistic conception.

2 Sports dance is a form of dance art

2.1 The connotation of dance culture

Dance culture is produced by the social practice of human survival, production and so on. German musician Curt Sachi once praised: "dance is the mother of art". The dance culture summed up and concentrated, which is in the form of dance movements, their attitude and other performers as the media, taking human movement changes in amplitude, intensity and angle on the performance of people's emotion and aesthetic pursuit of the spirit of the times and performing arts. Dance is an art form to express the inner feelings of the people, it is easy to lyrical and expressive, not known to directly reflect the character and plot, mainly focus on emotional aspects.

2.2 Dance Aesthetics is an important aspect of the study of sports dance culture.

Among the many kinds of art, the relationship between dance and sports is probably the most closely related. Dance is an important form of direct expression of emotion. "In a lot of art, dance art is the real human body art". At the same time, it is also the most closely related to sports. The American dance critic John Martin once said: "the dance is usually the most difficult of all art, but it is used for medium material body movement reflects the distance on the surrounding life experience than any other art closer." As the art of human body art is not dependent on any other means to rely solely on their own body movement to form the complete art. It can be said, "dance is a kind of artistic expression, which is based on the principle of aesthetics and body movement as the medium."

2.2.1 Dnce beauty: the beauty of movement

The essence of dance and Dance Aesthetics lies in its dynamic nature. As a human form of the "moving" art, the beauty of the dance is the body of a variety of "shape" of the movement 31]. The movement of the body is in the thoughts and feelings under the control of rhythm and sense of purpose and organization movement. The dance of "moving" as the breath of life, exercise more than; breath stop, dance and fresh vitality will not disappear. As the author of "art aesthetics" said: "the image of the dance is the flow of image..... The flow here is not only to emphasize the dancer's dynamic and kinetic energy, but also to emphasize the beauty of the dance movements of fluency and coherence." 41] is precisely this kind of dynamic image to give the person with can be nearly as far as the mystery, show the irresistible charm of dance.

2.2.2 Dnce beauty: the beauty of love

The essence of dance beauty is not only reflected in the body is light, elegant, very pretty and charming, more people originated from the inner feelings. Just because of the emotion, only then gives the dance the fresh activity and the time character. Any dancer, can not be in the performance of the person's own emotional experience. Duncan was the dancer is divided into three kinds, the first kind of pure physical dance, attention is elegant and coordinated action, but no personality; second can control the limbs, subjecting it to a plot rhythm and rich third souls to dance to appeal, the body

becomes clear and transparent, so that the audience can feel the fluctuation of the 5ll] of his soul. Just like third dancers that can make people realize the beauty of the dance, to understand why the human ancestors dance as sacred. As many contemporary great dancer dancers should have a consensus: the "heart" to dance through the heart but inspired by dance, really exudes the beauty of the dance. Here said the heart, that is, from the inside out to show the true feelings.

2.2.3 Dnce beauty: magic beauty

Dancers, through their body in time and space in the form of different "force", the body's body is limited, but the expression is infinite. The strength of the dancers is very complicated, because people's feelings are colorful. Usually, we cannot figure out what is the force movement, how to behave, but can feel the "unreal", can feel its emotions: or gentle, or passionate. Dance in this "unreal" is difficult to say, the language is always weak in the face of the dance. Wigman, one of the founders of the German modern dance, once said that if you can use language clearly, there is no need to use dance to show. The beauty of dance, as with other arts, is often covered up, so this kind of aesthetic object has a certain fuzziness. It is this true or false, let the dance art bring people a unreal world, can let a person on the wings of imagination, creativity and imagination. Therefore, the real dancers, but also to the Dance Camp caused such a kind of aesthetic field, enjoy the illusory beauty, so that the viewer feel the real life more strongly than the real beauty of the dance.

3 Atistic expression is an important way to show the beauty of sports.

3.1 Te connotation of artistic expression

"Artistic expression" refers to a unified representation of the inner spirit and external action, is accomplished through two aspects of facial expressions and body language performance, the audience can enjoy the visual interpretation of the style of music performers and emotions, such as joy, joy, passion, sexy, romantic and form. Artistic expression is often the key to winning the competition. The artistic expression of the sports dance is an important factor in the evaluation of the competition value. The artistic expression of sports dance is the ability of the athletes in the game will be their own internal emotional experience in the rules within the scope of the allowed by the body movements, facial expressions, special skills, etc.. A good sports dance players will also have good artistic expression, he (she) will be action fusion dance music harmony into one's own feelings and understanding of dance and the most incisive display to the audience and the judges and audience identity, so as to obtain the applause, eventually get good athletic performance.

3.2 Sorts dance artistic expression of the external form of expressionPhysical expression of

3.2.1Sports dance

Form expression is a prerequisite for the performance of sports dance. Sports dance shows the charm of artistic charm, the players through the trunk and limbs of the parts of the action as well as to show the beauty of the form, action, shape, expression. Sports dance form "to express love, xingshenjianbei". Dance form is artistic expression, because men and women can form the physiological characteristics and emotional characteristics of their own unique directly and fully reveal, reflect their own unique artistic beauty: Men's muscular body exudes a vigorous masculine and steady beauty; women's graceful body full of curves sense of exudes femininity, blooming beauty. A yin and Yang form in sharp contrast will produce a strong form of expression.

3.2.2 Sports dance music performance

Music is an important part of sports dance, is the soul of sports dance. Because the ten kinds of action, the sports dance style is not the same, so the players according to the different dance, different styles of movement with suitable music through music performance show dance, the dance sports more artistic expression and appeal. To make the music really play the role of the soul, to different styles of sport dance music with a specific type of dance and movement organically, so as to make the sports dance music performance most incisive play. In the sports dance in different genres of music can also create a different artistic expression, and to effectively control the show and dance.

3.2.3 Sports dance form expression

According to the characteristics of different kinds of sports dance and dance style, set different styling. Dance movement modelling should be consistent with the music, music players and characteristics, in order to achieve the best effect of dance. Sports dance in each other for both men and women are static and dynamic modeling gives sports dance artistic expression. Rich and colorful dance style can be divided into dynamic modeling and static modeling: dynamic modeling including male and female athletes walking and jumping, twisting, swinging, lifting, reflexive and tilt, the other performance is instantaneous; static modeling refers to the action of more than two small pause music rhythm

section above all start balance and static movement, two other causes without stop effect in time and space, the combination of static and dynamic, firmness and flexibility, against each other.

3.3 The relationship between artistic expression and sports dance skills

Sports dance skills acquisition and consolidation must go through repeated practice, and practice is the only way to strengthen all the skills of learning, learning any dance skills are not "at will" or "to understand", dance is a cruel art, not through hard work, can not become a true dancer. Performance is the art of players in the game will show or emotional experience to show the ability, through technical action simply, appeal show artistic expression is in the works of art and the feeling of dance. In the dance teaching, rehearsal, creation or performance, often listen to a word is: this player is very good sense of dance here, the feeling is the stage, it can be said that the artistic expression of the players. The sports dance makers need not only acquired a good dance skills, have a good sense of self that artistic expression should control and regulate their body movement with the artistic expression of the state, the dance gradually skilled, so as to cause the audience to feel good and sympathetic, dancers to the stage to shine, bright.

Conclusion

Sports dance is a combination of health and beauty of a sport, you can show the health of modern people to give people the enjoyment of beauty. Sports dance is an important form of dance art, music and form can be a very good display. Sports dance has a long history and rich cultural heritage. Chinese sports dance in order to have a breakthrough in the international arena, we must deeply analyze the elements of sports dance composition, tap the cultural connotation of sports dance, deepen the understanding and understanding of the artistic expression of sports dance. Study on essence of sports dance artistic expression is to fully demonstrate the sports dance artistic heritage, deep promote the sports dance embodies the "humanism", to promote the healthy development of sports dance in China to enhance the competitive level of sports dance.

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