

On the Influencing Factors and Cultivation of the Expressiveness of Latin Dance

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Abstract: The performance of Latin dance is an effective combination of music and dance, which has a certain artistic and technical nature. Dancers' psychological quality, artistic quality, partner's tacit understanding, venue environment and opponent's skills will affect the dancer's performance. Therefore, in the process of Latin dance skills cultivation, dance coaches should pay attention to making effective training plans from multiple perspectives to strengthen the training of dancers' professional skills, imagination, music literacy, etc., so as to improve Latin dancers' comprehensive level and expressiveness. This paper mainly analyzes the influencing factors of Latin dance expressiveness, and puts forward some effective training strategies, hoping to provide some reference for Latin dance coaches.

1. Introduction

Latin dance is a combination of sports and art. With the rapid development of domestic sports dance, Latin dance has gradually come into people's vision and is loved by the public. It has also entered people's lives from the original competitive activities, and has become a kind of sports for people's health and entertainment. The level of Latin dance is not only reflected in the dancers' movement skills and physical fitness, but also reflected in the dancers' artistic expressiveness. In view of this situation, Latin dancers should be aware of the influencing factors of expressiveness when training, strengthen their own physical quality and professional skills training, but also need to overcome some external and their own factors, strengthen psychological quality to avoid being disturbed by venue environment, and gradually enhance the tacit understanding with dance partners, so as to improve the expressiveness of Latin dance and show the artistic charm of Latin dance.

2. Influencing Factors of Latin Dance Expressiveness

2.1 Psychological Quality

There are only three elements that make Latin dancers achieve excellent results in competitive competitions, namely, professional skills, physical fitness and good psychological quality. In the actual competition process, the dancer is unable to predict the situation development, so it is very likely that there will be some emergencies, which will directly affect the dancer's mentality. If the Latin dancer's psychological quality is poor, then this emergency will affect the dancer's performance, making the dancer fail to fully display some skills, and even make many mistakes. Therefore, doing a good job of training Latin dancers' psychological quality can improve their ability to adapt to the environment and flexibility, and then improve their expressiveness.

2.2 Artistic Quality

Latin dancers' artistic quality refers to their musical literacy, dance literacy and imagination. Through this artistic quality, dancers can fully display their artistic skills according to their understanding of music. In this process, dancers will fully express their emotions according to their own understanding and imagination, and organize rhythm emotion and stage vision together, so as to achieve a good performance effect. Dancer's inadequate music literacy and dance literacy, and

lack of imagination and emotional expression will affect the expressiveness of Latin dance.

2.3 Partner's Cooperation

The improvement of cooperation degree between dance partners can enhance the emotional communication between dance partners, and make the action coordination smoother, thus improving the expressiveness and appeal of Latin dance performance. In addition, during the dance performance, the dance partners can adjust dance rhythm according to the changes of music, melody and rhythm, showing a perfect cooperation state, so as to effectively improve the performance of Latin dance.

2.4 Venue Environment

In Latin dance competition, the venue environment will also affect Latin dancers' performance. The first is the interference of some off-site environment, which may affect Latin dancers' psychological state, thus affecting the normal performance of dancers. Secondly, a warm competition atmosphere can stimulate the Latin dancers' competitive consciousness, guide the dancers to fully show their ability, improve their identity, so as to obtain a good expressiveness.

2.5 Opponent's Skills

No matter what kind of competitive sports, the opponent's competitive ability will have a certain impact on the other side. In the Latin dance competition, the movements displayed by the excellent opponents, the music rhythm and the emotion revealed are all very important information. The final competition results will affect the next Latin dancer's psychological state, thus affecting the dancer's performance.

3. Cultivation Methods of Latin Dance Expressiveness

3.1 Cultivation of Professional Skills

3.1.1 Dance Literacy

The cultivation of professional skills mainly includes dance literacy, physical quality and other contents. In terms of dance literacy, the first thing is to carry out basic body shape training. The dancers should be graceful in posture and be able to master various movements skillfully, and show them to the audience beautifully according to their own understanding. Therefore, in daily training, dance coaches need to choose some appropriate sports equipment according to the specific requirements of Latin dance, or carry out some basic movement training in the training room, so as to lay a good foundation for the cultivation of professional skills. The second is the training of body movements. In Latin dance, the expressiveness of body language is very significant. The change of body language is restricted by aesthetic feeling and action performance, and has a strong sense of space. The coach can combine training with music literacy, require dancers to listen to music, feel the changes of music rhythm and melody, and express by body language according to their own understanding, so as to gradually improve dancers' understanding ability and performance ability, and make the body movements of dancers have a sense of space and beauty. The third is the cultivation of facial expression. The combination of facial expression, body language and music can show the power, beauty and emotion of Latin dance. Moreover, facial expressions and eyes are effective ways to communicate with dance partners. In the performance, the dancer's eyes should have spirit and be full of emotion, which is conducive to the expression of emotion. When the partners dance face to face, both sides should look at each other's eyes, pay attention to eye contact, so as to improve the cooperation between dancers.

3.1.2 Physical Quality

In Latin dance performance, dancers will consume a lot of physical strength, causing higher requirements for the muscle strength of all parts of the body. Therefore, it is necessary to strengthen the training of Latin dancers' physical quality, improve the muscle strength and the balance, so as to be able to control the body more freely. Coaches can choose appropriate exercise equipment according to Latin dancers' physical fitness and exercise load, formulate an effective training plan, strengthen the training of muscle groups such as waist, back, leg and arm to enhance muscle strength. Latin dancers are required to strictly abide by the training plan and carry out training within the exercise load they can bear. After a period of training, the dancers' physical quality can be significantly improved. Then coaches can formulate new physical training plans and training objectives for them, guide dancers to constantly exceed themselves, improve physical quality, and lay a good foundation for giving full play to artistic expressiveness.

3.2 Cultivation of Imagination

In the process of Latin dance training, it is also necessary to cultivate dancers' imagination. During the performance, the dancers combine their professional skills and music melody to feel the artistic beauty, thoughts and feelings contained in music, and then show the dance according to their own understanding, presenting a perfect visual enjoyment for the audience. In this process, it is inseparable from the help of dancers' imagination. When arranging the dance, imagination can spread dancers' thinking, broaden dancers' imagination space, transform the emotion into specific movements, and then arrange a smooth and perfect dance. In the process of imagination, the dancer can reflect the beauty of the dance and achieve the realm of the unity of human and dance. In daily training, coaches can play some excellent works for dancers, lead them to appreciate these excellent works, arouse the dancers' resonance by creating situations to stimulate feelings, improve the dancers' understanding ability, so that dancers can give full play to imagination in the creation, show beautiful body language, and make the expressiveness of Latin dance more perfect.

3.3 Cultivation of Music Literacy

In Latin dance performance, music is also a very important factor, which can create a good atmosphere, assist dancers to show their emotions, show artistic charm, and bring certain hearing enjoyment to the audience. The music literacy of dancers determines their ability to apply music. The improvement of music literacy can gradually eliminate the influence of music on dancers' expressiveness. Therefore, dance coaches should pay attention to the training effect of music literacy, strengthen the training of dancers' understanding of music culture style and music rhythm perception. There are many types of music styles in Latin dance music. Only when dancers understand the cultural style and source of music, can they deepen their understanding and cognition of Latin dance, and understand the artistic characteristics of Latin dance. When performing, they can show this cultural style and artistic flavor through body language. In the training of dancers' perception of music rhythm, coaches can regularly play music works of different styles for dancers, lead them to appreciate the characteristics of these music works, feel the changes of rhythm and melody, and experience the contained thoughts and feelings. After a period of training, the dancers have certain appreciation ability and perception. As a result, when playing music works, they can combine their own body movements and facial expression, and give full play to imagination to present a beautiful dance performance for the audience.

4. Conclusion

In a word, the artistic expressiveness of Latin dance is the comprehensive embodiment of dancers' dance quality, music quality, imagination, etc., but in the actual training, artistic expressiveness is often ignored, thus affecting the improvement of comprehensive quality of Latin dancers. Latin dance coaches should do a good job in analyzing the influencing factors of artistic

expressiveness, recognize the influence of dancers' dance quality, psychological quality and physical quality on the expressiveness, strengthen dancers' skill training, theoretical learning, imagination cultivation and other works from various aspects, eliminate the influence of many factors on dancers, and improve the comprehensive level of dancers, so as to achieve the ideal performance effect.

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