

Research on the Attributes and Characteristics of Sports Dance Based on the Value Orientation of Sports Competition

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Abstract: Sports dance is one of many dance types, but at the same time it also includes nearly 10 dance types. Different from general dance, sports dance is more competitive, and relatively strict dance standards have been established. Sports dance has become more and more popular in various international sports events in recent years, and the aesthetics and competition are appropriately integrated in sports dance. Starting from the origin of sports dance, the article successively discusses the value orientation, attributes and characteristics of sports dance. Sports dance is a beautiful form of sports, which should be understood and familiarized by more people. By experiencing the unique charm contained in it, we can discover the hidden shining points in sports dance.

1. Introduction

The term “sports dance” is only translated by Chinese scholars from its English name. The original name is Ballroom Dance or Dance Sport. Of course, more often we refer to sports dance as Dance Sport. Generally speaking, we literally translate it as sports. Dance is sometimes called sports dance. Sports dance includes the national standard and Latin two dance departments. For example, the well-known Waltz, Tango, and Samba are included in these two dance departments. Some scholars believe that sports dance has the two-way characteristics of competition and artistry and is gradually developing in a diversified direction. Today, we are studying the attributes and characteristics of sports dance from the perspective of sports competition value.

2. The Evolution of Sports Dance

Today we will analyze sports dance from the perspective of Dance Sport. This term first appeared in 1990. At that time, the Amateur Dancers Council, which was not accepted by the International Olympic Committee, wanted to have a better future. In the management process, I re-examined my own positioning and future development direction. As a result, the dance that was originally only used for appreciation and socialization gradually transformed into a sport, and at the same time, it was related to dance art and professional dance. Differentiated. Of course, the sports dance of this period only included two kinds of dance, namely standard dance and Latin dance. At that time, researchers defined sports dance as a dance that can express oneself freely and has stricter standards that need to be followed, and it needs to be judged by international standards.

2004 was an outbreak of sports dance. In this year, the International Dance Association joined the International Sports Dance Organization. At that time, there were nearly 50 dances recorded in the dance association. The addition of these dances helped sports dance become more diversify^[1]. Since then, other dance-related organizations have joined the ranks of sports dance organizations. In 2007, the International Dance Sports Organization set a goal for its future development, which is to develop more extensive and diversified dance sports. In 2008, the organization even cooperated with the International Disabled Persons' Association to invent a wheelchair dance that the disabled can also learn. At the beginning of the development of sports dance, its main research content was focused on standard dance and Latin dance. Only after 2010 did related dances have more different styles, such as street dance, rock dance, etc.

3. The Value Orientation of Sports Dance

The value orientation of sports dance is closely related to the origin of its development. From the above discussion on the origin of sports dance, we can know that sports dance is developed by a mixture of various dances and the common characteristics of sports, so its value orientation has. There are two kinds of dance and sports. Speaking of the value orientation of dance, it is because sports dance is still a kind of dance in essence. It represents the admiration of the dancer's emotions, thoughts, etc., and the dancer's own emotions are conveyed through the rhythm of the body, facial expressions and body language. Pour out to convey to the viewer a kind of beautiful enjoyment and spiritual empathy ^[2]. Moreover, as a kind of dance, sports dance also has a social function. People achieve the purpose of interactive communication through cooperative dance.

Of course, since sports dance includes sports sons, it naturally also has sports values. First of all, sports dance can help dancers exercise their own flexibility, physical coordination, and stimulate the body's metabolism to become faster through a lot of exercise. Help the dancer's own body become healthier, stronger resistance, and more energetic. On the other hand, the value orientation of sports also has the meaning of competitive sports. Dancers restrict their dance styles to a certain range by observing standard competitive rules, and constantly challenge themselves to break through, which is compared with ordinary dance. Its difficulty is higher. Moreover, the competition itself has the unique charm of attracting the audience's attention, especially the sports dance with the competitive nature.

4. The Attributes of Sports Dance

Today we are discussing that sports dance is qualitatively based on the attributes of competitive dance. For example, after sports dance was recognized by the world sports program, related organizations established an anti-doping committee on the project and regarded it as a This kind of sports has been introduced into various world sports games. And set up relevant grand prix, championships, World Cup, Asian Championships and other sports dance-related events. Of course, compared with other sports, the development of sports dance is obviously lagging behind. This is inseparable from the late time when it became a sports event. For example, the competition venue for sports dance has not been very formal. The interaction with the social audience is also relatively insufficient.

Of course, as sports dance has been added to sports events for longer and longer, the relevant rules about its events are constantly improving. For example, the scores of the initial sports dance are difficult to distinguish, and it is difficult for the audience to judge the quality of sports dance. However, after 2017, the scoring system for sports dance has been completely reformed. The athletes participating in the competition have been scored separately in terms of the quality of dance technology, the musicality of the dance moves, the choreography skills, and the choreography and expression of dance. A more careful calculation method ultimately determines the dancer's dance score, with a minimum of 1 point and a maximum of 10. This quantified method is the clearest manifestation of the athletic dance attributes of sports dance.

5. Characteristics of Sports Dance

5.1 Equipped with Competitive Balance

The most obvious feature of sports dance is that it has the dual characteristics of athletics and art at the same time, and it has reached a relatively harmonious balance between the two. For example, while continuously standardizing dance sports events and helping them become more and more competitive, project planners also help the various movements of dance sports to increase their appeal, thereby promoting the audience's requirements for their viewing. Be fully satisfied. It means that in the process of its competitive development, its artistic quality is also developing simultaneously. For another example, while distinguishing the difficulty of movements through

digital quantification, more theme music elements are also incorporated into sports dance, and there are more requirements for the beauty of dance movements.

If the competitive nature of sports dance is manifested in various equivalent rules and quantitative scoring techniques, then its artistry is manifested in the choreography and final artistic performance. While pursuing more difficult performances, it also strives to bring the audience the enjoyment of beauty in order to attract more audiences^[3]. Of course, sports dance itself is born from dance, and its artistry is a kind of inherent performance. It is embedded in the bones of sports dance and does not require deliberate pursuit. The athleticism and artistry of sports dance cannot be stripped away, just as the movement needs to have both art and technology in order to be integrated without stagnation.

5.2 The Characteristics of Cultural Aesthetics

Sports dance is graded according to the “performance” of on-site dancers when performing scoring. The “performance” of athletes includes not only the techniques of different difficulty levels used by the athletes during the dance, but also the athletes' performance in dancing. Artistic presentation. Therefore, the judgment of sports dance is closer to a cultural aesthetic of dance. The appreciation of sports dance needs to be felt from multiple aspects such as visual and auditory. In the process of judging the “performance” of dance athletes, the performance level cannot be defined solely by difficulty, so the current is more guided by “beauty” The direction of the athlete's dance development. The comprehensive charm of sports dance forms its unique cultural form, and attracts more and more audiences.

6. Conclusion

Under the value orientation of sports competition, the attribute of sports dance is defined as competitive dance. Unlike artistic dance, competitive dance has a more rigorous and quantitative review and judgment standard. When dance is no longer a purely viewing performance, it has more After the nature of multi-sport activities, sports dance has also entered a vigorous development. The characteristics of sports dance include two aspects. On the one hand, artistry and economy are perfectly integrated in sports dance to achieve a balanced state. On the other hand, the performance of sports dance is not defined because of difficulty, but with “beauty” as the ultimate goal.

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