

# Strategies for Improving Students' Dance Performance in Dancing Teaching in Colleges and Universities

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**Abstract:** In college dancing teaching, students' dance performance is becoming more and more important, which is closely related to the value and appeal of dance. The promotion of dance performance needs to pay attention to the basic skills and movements of dance. It should also integrate students' emotional expression ability, imagination and rhythm of dance to improve each other, so that students can understand and feel from all aspects, which will strengthen the understanding of dance itself, and improve students' aesthetic ability and overall temperament. This paper analyzes the importance of dance performance in dance teaching in colleges and universities, analyze and elaborates the current situation of the lack of dance performance in China, and explore strategies to improve students' dance performance in order to promote dance teaching in colleges and universities in China.

## 1. Introduction

With the continuous development of social economy and the improvement of people's living standards, people's aesthetic level and artistic requirements are constantly improving. In recent decades, China's dance troop has been growing steadily, the cause and level has been continuous developed, and dance-related theoretical research has been deepening innovated. Therefore, the teaching emphasis and teaching strategies in dance teaching in colleges and universities are constantly optimized and developed. Due to the lack of students themselves and teaching, there are some phenomena such as excessive emphasis on movement skills and lack of dance expression. The forms of action are quite in place, but lack the soul and connotation of dance. Therefore, in dance teaching in colleges and universities, we should attach importance to the promotion of dance performance, enhance the training and teaching of dance performance, and enhance the expression and appeal of dance performance. Only in this way can the real dance teaching and the dance cause of our country develop rapidly.

## 2. Importance of Improving Dance Performance

Stage expressiveness mainly refers to the ability of dance performers to express emotions and the inner core of the dance with body movements, including dance performance and emotional expression. Among them, there are two main aspects for improving dance performance.

### 2.1 Dance Performance Represents the Dance Level of the Dancer.

Dance movement is the expression language of dance. It is not a random body dance and display. It is not the level measured by complex and difficult movements in gymnastics, diving and other items. Dance high-intensity dance movements can not represent the level of a dancer, which can only be called high-difficulty body movements, rather than a dance language. For example, Yang Liping, the great dance artist of our country, has vividly created the image of the peacock. When people mentions the dance image of peacock, the name of Yang Liping will be mentioned. Similarly, the vivid peacock image will come to attention when people mentions Yang Liping. This is precisely because the peacock image she created has given the audience a deep earthquake, and it is infectious that has aroused the audience's resonance, which will lead to the imitation and love of many people. It can be seen that not only the same posture, but also the same movements represent

the same artistic level. The dance performance is the true indicator for measuring the level of dancers.

## **2.2 Good Stage Performance can Correctly Convey the Connotation of Dance**

As an art form, dance is not just a collection of dance movements. People mainly convey the spirit and connotation of performers and dance content through dance movements. The surface form of dance is the weaving arrangement of various dance movements. The superb and gorgeous movements can often attract the audience's attention, but the dance movement is only a collection of physical movements without spiritual core and thought transmission. Only the spirit conveyed by the expressive expression of the dance can arouse the audience's strong resonance, and can the inner spirit always exist in the heart. Throughout the history of the development of dance in China, its spiritual core is closely related to the development of the times. From the early united anti-Japanese war, the unity of the city to the expression of victory joy to the expression of modern art civilization, the dance with artistic connotation can touch the audience and have a long vitality.

## **3. Defects of Contemporary Dance Performance and the Reasons for Their Influences**

In the current dance teaching in colleges and universities, a very common phenomenon is that there are no major errors in students' physical movements in the process of examination and performance, but the more mature dance performers still lack something, for instance, the same TV series, the same plot, the same lines, but some actors can not arouse the resonance of the audience; or for example, a good speaker or recitation, can make you immersive, complete the co-expression with the performer. The former is the lack of so-called emotional performance, and the latter is an excellent performer who can put you into the plot. There are two main reasons for the lack of dance expression: congenital factors and acquired factors.

### **3.1 Congenital Factors**

Congenital factors mainly refer to students' innate ability, including good rhythm controlling ability, good external form, feelings, understanding and expression of emotions. Most of the gifts come from innate inheritance. To some extent, it affects the development of a person's career from birth. Therefore, congenital factors restrict the development of students' dance to a certain extent. For example, among the minority nationalities, the unique national temperament of students of some nationalities determines which kind of dance they are suitable for and can reduce their violations and feelings of performance. Therefore, some excellent students may have innate advantages of dance performance, but it does not mean that dance performance can not be improved.

### **3.2 Acquired Factors**

Acquired factors mainly refer to the impact of environment on students, including family environment, learning environment and living environment. First of all, the influence of family environment on a person can be reflected from all aspects of students. For example, children in family art show different temperaments. Because of the influence of family atmosphere, their understanding and feeling of art will be better. In addition, students' learning and living environment is also important, mainly referring to the impact of school living atmosphere and teachers' teaching level. Excellent teachers can help students to teach and cultivate their dancing performance, while the living environment affects students' understanding and expression of art.

## **4. Strategies to Improve Students' Dance Performance**

### **4.1 To Strengthen the Foundation and Improve the Emotional Control of Dance**

In the process of students' learning, it is advocated that they cannot pay too much attention to the dance movements, but the physical expression is the carrier of the expression of the dance connotation. In normal learning, students still need to pay attention to the study and practice of

basic skills. In addition, students should pay more attention to practical participation, and participate in performances and other artistic activities to understand themselves in actual performance, complete self-awareness, reflect on their own shortcomings, and increase stage performance experience. The main purpose of dance is to express. Participating in performance and practice is enable to help students to recognize themselves in practice, enhance their confidence, and improve their control of dance emotions.

#### **4.2 To Close to Life and Improve Artistic Imagination**

Art comes from life and expresses life. Only when you are close to life, can you truly feel life, express life, and bring dance performances to life. It is not just the discipline of dance. With the reform of education, many disciplines require teaching to be life-oriented, close to life, and based on the reality of life, to complete the leap in art. In the specific teaching practice, teachers should guide students to feel life and stay close to life. For the expression of animals, it is possible to enrich the imagination of the life through the physical observation of the animals, and to feel and express from a multi-dimensional perspective. Only by knowing enough about life can you enlarge your imagination. Through imagination, they can complete the understanding of life, the richness of dance, only through their own practical understanding can bring the audience into the art world you want to express.

#### **4.3 To Integrate Music and Enhance Musical Sentiment**

Music is the soul of dance. Music plays a very important role in dance performances. It is also an important carrier for students to express their emotions. A good dance performance is often accompanied by a very good music accompaniment. The expression of the movement is accompanied by the infection and enthusiasm of the music. The music can also help the performer to quickly enter the specific situational atmosphere, and both the dancer and the audience can be brought into the world to be expressed. In particular, teachers should help students to control the beats with the coordination of music rhythm brands and dance movements, and explore the arrangement and expression of dance according to music and students, so that students can grasp the different characteristics of music in the dance rhythm performance methods and key points of rhythm control.

#### **4.4 To Improve Students' Comprehensive Artistic Literacy**

Dance is an art, not a technology. It has rich cultural connotations, ideological significance and spiritual connotations. It requires dancers to have profound knowledge, good artistic accomplishment and excellent quality of life. Excellent dancers must have superb artistic accomplishment. He can make audiences feel the inner world that they want to express through a work. Good artistic accomplishment affects the improvement of dance expression. In daily teaching, we should put the cultivation of artistic accomplishment and consciousness in the first place, pay attention to the construction of teaching atmosphere. Besides dancing, we should encourage students to learn related art to strengthen their understanding and feeling of beauty, and encourage students to enter life to participate in practice and improve their artistic accomplishment.

### **5. Conclusion**

Dance performance is a must for an excellent dancer, but it can not be cultivated overnight. It requires the joint efforts of students and teachers to lay a good foundation and strengthen practical training; to be close to life, feel life, and closely integrate life and art; to understand music, to control rhythm, to perfect the integration of dance and music; to strengthen self-learning and improve their own art. Only in this way can dancers really improve their dance performance and achieve good artistic development.

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