

A Comparative Discussion on Performance Aerobics and Dance Aerobics

Zhang Nan

Sports Department, Shaanxi Institute of International Trade&Commerce, Xi'an, Shaanxi, 712046, China

email: zhangnan216216@126.com

Keywords: Performing Aerobics, Dancing Cheerleading, Contrasting

Abstract: At present, whether it is performance aerobics or dance aerobics in our country, there are still some problems in the development period, more or less. Such as in the movement arrangement, lacks certain innovation; the formation is relatively monotonous. Although both require a team to work together, if the creator doesn't have the innovation and the perfect layout, it's actually just a work of no value and no soul. Constant movement and performance will inevitably make the audience aesthetic fatigue, which is not conducive to the development of the two. Therefore, on the basis of innovation, appreciation and practice, the editor should emphasize the soft beauty of the body, the beauty of the body and the fusion beauty of the movement, so as to further promote the development of performance aerobics and dance cheerleading.

1. Introduction

Under the background of continuous progress and development of sports in our country, performance aerobics and dance cheerleading have also been further developed. They have a lot in common with the demands of their members, such as the physical and mental quality of the members, the performance of the dance, in addition to the aesthetic, fitness and meaning to the social level, but there are also differences between the two. This paper mainly compares the similarities and differences of performance aerobics and dance cheerleading, so as to highlight their unique charm, have a clearer understanding of the relationship between the two, hope to provide a favorable reference for relevant scholars, so that performance aerobics and dance cheerleading can get rapid development.



Figure 1 Performance aerobics

2. An Overview of Performance Aerobics and Dance Cheerleading

The so-called performance aerobics, mainly refers to the movement of the main, the number of people, venue and music and other aspects of unrestricted, suitable for all kinds of performance aerobics activities[1]. Dance cheerleading refers to a group project with various dance movements, which combines different styles of dance with props, which can be divided into the following categories, namely, modern, hip-hop and so on.

3. The Similarities between Performance Aerobics and Dance Aerobics

3.1. The Identity of Musical Forms

China's performance aerobics and dance cheerleading music has great similarities. Usually, both of them choose the musical works with strong rhythm, beautiful melody and ability to infect the audience, and combine the music to make up the corresponding action to present a positive, passionate and energetic image to the audience. And this requires the players to have a basic understanding of the music, to make clear the true feelings expressed by the music, to feel its artistic conception, to integrate their own movements and music perfectly, and to arouse the emotional resonance of the audience. In order to achieve a better performance effect, reflect the colorful music, the two are often in the movement of different music works into a link, and add some relatively exaggerated without losing charm of the action, enhance the dynamic performance, make the whole performance of the rhythm vivid, image, to bring a visual feast to the audience.



Figure 2 Performance aerobics

3.2. Similarity of Training Methods

Performance aerobics and dance cheerleading performers must have a certain flexibility, coordination, explosive and expressiveness. Only then can show the graceful dance and the sunlight vigor state perfectly, attracts the audience's attention better. They attach great importance to the flexibility of the shoulders, waists and legs of the performers, and the training of flexibility is divided into the following two points: Autonomic flexibility training, in other words, Autonomic flexibility training, which means that the performers do stretching exercises independently according to their actual conditions. Generally speaking, flexibility training is carried out after warm-up, and relaxation training alternates to conduct comprehensive training.

3.3. Homogeneity of Integrated Forms

Generally speaking, our country's performance aerobics and dance cheerleading will use Latin dance, jazz and folk dance and other kinds of dance materials to enhance the performance innovation, so that the performance to achieve a more ideal effect. In order to effectively improve the performance of students and the ability to stretch all parts of the body, it is necessary for students to practice basic skills to help students master more dance skills. In addition, to some extent, the ability of students in all aspects, such as control, explosive force and endurance, has been effectively cultivated, and its coordination and stability have also been improved[2]. As a result, it not only enhances students' ability to observe, judge and imagine, but also deepens their perception of the rhythm, melody and time of music, allowing them to focus their attention and balance their bodies in different dance movements.



Figure 3 Performance aerobics

3.4. Adaptation to Site and Personnel

Compared with other sports, performance aerobics and dance aerobics in our country are relatively simple and easy to understand, which can greatly help people's physical and mental health, and are not subject to age and venue restrictions, whether it is men or women, children or the elderly, any class of the profession can participate. Not only can be used in performance activities, but also used as daily exercise, the combination of unique music and full of movement, can effectively attract the attention of the audience, gradually occupy a certain position in sports. In the normal training process, according to the various types of dance, such as Latin dance, jazz dance and modern dance learning to feel the charm of dance, fully tap their own potential, in different venues or situations to feel the different events, different identities of the people's emotional changes, develop their own performance talent. In this process, the players can use the form of cooperation between the players to perform, through the facial expression changes to feel the changes in their inner feelings. With the beautiful melody of music, through their own body language to show the true feelings of the heart, make the performance more emotional, strength and connotation, their own body and soul organic integration, and finally show a more perfect performance.

4. The Difference between Performing Aerobics and Dancing Cheerleading

4.1. Differences in Technical Action

In essence, our country's performance aerobics and dance cheerleading are a kind of gymnastics, but they have many differences in technical movements. Performance aerobics is mainly composed of eight basic steps of the performance movement, which contains modern dance, disco and bare-handed exercises and other dance categories of the essence of the movement, it has the characteristics of rapid change, sharp rhythm and many movements. And dance cheerleading is to make corresponding movements according to music, so as to show the youth and vitality of the movement, while reflecting the positive team spirit[3]. It has powerful fitness function and performance function, but its basic action is not too many requirements, relatively casual, mainly down force. In addition, dance cheerleading can also use other tools, such as flower ball, ribbon, but also with throwing, lifting and slogan. In the arrangement of action, performance aerobics has a relatively strict requirement, that is, the whole action can not add around the sagittal axis and the frontal axis rotation and so on, can not use the completely anti-natural direction force movement, can not use the circus performance and the acrobatic performance movement. And in the choreography, the arm should be in front of the frontal axis, pay attention to the speed of the force, in the beginning and end of the action to be clear.

4.2. Differences in Basic Properties

Performance aerobics emphasizes physical fitness and physical enhancement, not only pay

attention to its overall action of the field effect, but also for the performance of the shape, temperament and movement proficiency are high requirements, similar to gymnastics. And dance cheerleading pays attention to the performance effect of the whole team, and the comprehensive quality of the performers is not high.

5. Recommendations

Combining with the current development of our country, in the process of arranging the performance aerobics and dance cheerleading, we should consider the coordination and beauty between the movement and the formation, combine the performance movement with the formation flexibly, create the unique stage effect which can attract the attention of the audience, and further add the corresponding formation to the creation part[4]. Creators should constantly improve their comprehensive quality, in the process of effectively enhance their ability to arrange. To pay more attention to excellent works at home and abroad, but also from the relevant competition or activities to get creative inspiration and fresh elements, and then constantly improve their aesthetic level. In addition, in-depth exploration of more excellent performance aerobics and dance cheerleading works, absorb the essence of the part, and continue to analyze and summarize, finally get the most suitable for their own creative methods, to create more of their own excellent works.

6. Conclusion

In a word, whether performing aerobics or dancing cheerleading, the music used should have the following characteristics, namely, the passionate melody, the distinct rhythm, the general sensibility, and the fluency and coordination of different music after shearing. In choreography, the first task of the choreographer is to design the corresponding structure, in other words, dance composition, which is actually to further process the choreographed action to make it more concrete and visualized. In the design of the action, the following points should be taken into account, such as body parts, moving routes, movement characteristics and rhythm, so as to broaden the path of choreography. In addition, performance aerobics and dance cheerleading in China are mainly to absorb the essence of various arts, and then make appropriate improvements to upgrade the Huawei novel art category. Through their appreciation and rehearsal, fully show their aesthetic, fitness and social values. Not only to achieve physical fitness, but also to meet the needs of all aspects, to enhance people's comprehensive ability to play an important role.

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