

# The Choreography and Choreography of Dance Cheerleading From the Aesthetic Perspective

Linna Hua

Yunnan Open University (Yunnan Technical College of Industry), 650223, China

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**Abstract:** Dance is a great art, dance is related to beauty, so dancers should also show the beauty and expressiveness of dance itself when carrying out performance activities such as dance cheerleading, and pay attention to the proper arrangement and combination of movements and music, so that the dance can be more touching. From the aesthetic point of view, the beauty of dance needs to be presented through action, and the dancer shows the rhythm of life through a series of coordinated movements after choreography. Dance cheerleading is used in competitions and other activities, so dancers need to perform the dance cheerleading process, full of joy, and driven by music to achieve better performance.

## 1. An Analysis of the Problems of Present Dancers in Learning Dance

The world needs beauty, rhythm, dance. Therefore, dance teachers need to carry out a good dance teaching, the beauty of dance to every corner of the world. However, it is regrettable that many dancers are unable to perform better when they complete their dance movements because of their lack of understanding, participation, coordination and artistic talent. Dancers need to listen carefully to music, follow the pulse of music, show their passion for life and understand dance art.

### 1.1. Lack of Understanding of Dance Art

For truly outstanding dancers, not only to be diligent enough, but also to have extraordinary artistic intuition and artistic understanding, so as to have a deeper understanding and understanding of the nature of dance art, so as to have a better performance in the future dance career[1]. However, it is regrettable that most of the current dancers are not sufficiently aware of and understand the dance, because the understanding of the dance is not deep enough, so it takes a lot of time and energy to achieve the essential promotion. As Table 1 analyzes, most dancers do not touch the inner soul of the dance.

Table 1 Relevant questionnaires

Do you think you touched the inner soul of the dance?	
Yes, I have a deep understanding of dance art	23.16%
Without fully understanding the nature of dance	76.84%

In fact, dance is far more complex and profound than people see, so there are few actors who have made great achievements in the field of dance, which is worthy of reflection and must be solved.

### 1.2. Not Good at Combining Other Arts Categories to Improve Dance Skills

Dance as an art, and other arts are inextricably linked, so a dancer can not only have a deep understanding and understanding of dance, but also should have a unique understanding of other art categories. For example, the dancer's sense of rhythm, position, direction should be extremely strong, good at listening to music, with the help of music, better to stimulate the whole body of energy and heat, better to complete the movement, so that dance art and music art to achieve mutually beneficial effect. When a dancer has a deep understanding of music, then the dancer is equivalent to an extra helper and assistant on the stage.

### 1.3. Lack of Deep Enthusiasm and Passion in the Process of Completing Dance Movements

Dance actors should not be on stage with a frosty attitude to complete the dance movements, such performance attitude is doomed to achieve infectious artistic effects. Especially when the dancers in the completion of the dance cheerleading movement, should pay more attention to the performance of the passion and appeal, only to do these, will let cheerleading get its place. Unfortunately, there are a small number of actors who can really feel happy in performing dance cheerleading, as table 2 analyses:

Table 2 Relevant questionnaires

Can you feel the joy of performing the dance	
To feel happy	12.45%
can't feel happy	87.55%

## 2. How Choreograph Dance Movements From an Aesthetic Perspective

### 2.1. Pay Attention to the Flexibility and Coordination of Dance Cheerleading

Dance cheerleading is a form of performance that combines dance and cheerleading, so dancers should pay attention to the characteristics of dance and cheerleading, so that their movements are more appropriate. The dancer must relax his body when completing the movements such as dance cheerleading, so that the beauty of dance cheerleading is revealed. Dance is about beauty, dancers need to show the flexibility of the body in the process of choreography, while paying attention to the movement at the same time, kneading the movement into an organic whole, the vitality of life into it, so that more viewers in the process of seeing the dance cheerleading, heart-breaking. The dancer needs to pay attention to the richness of the cheerleading movement in the process of carrying out the cheerleading, because if the audience sees some recurring movements, it is bound to produce aesthetic fatigue and burnout, so the dancer needs to show the richness and infinity of life through limited movements, so that the dance cheerleading can produce more lasting artistic life[2].

### 2.2. Joy Should be Given to Dancing and Cheerleading

The actor is the main body in the dance cheerleading. Therefore, whether the dance cheerleading can achieve excellent performance results, the key lies in the actors. Many members of the team performing dance cheerleading, in the process of completing the movement, with a perfunctory, slack, tired attitude to complete the relevant movements, which must make the audience can not be moved, but also inevitably make the vitality of the dance itself weakened. One of the purposes of dancing cheerleading is to ignite the atmosphere around it, to bring more people joy, satisfaction and sense of acquisition, to make people's mind refreshing, but also to make people's nerves get corresponding rest. Therefore, dancers should not be emotionally indifferent, but should have a lot of enthusiasm and passion, so as to be able to complete a high quality performance.

### 2.3. Make Dance Cheerleading Both Expressive and Orderly

There are more than one cheerleader who should pay attention to the strength of the group, but also the heat of life in it, should pay attention to the balance between the two. If the actor can not find a reasonable position of self in the collective, it will inevitably bring the corresponding negative impact to the collective; if the actor in the performance of the process of blindly retreat, easily to blame, it is difficult to brimming with the enthusiasm of life, difficult to release the charm of the dance itself. Therefore, when choreography, dancers must pay attention to the coordination of the performance of the movement and sense of order. The actor should not only feel the heat of life in the process of dance, but also pay attention to serving the team, so that the whole performance can achieve better artistic effect.

### 3. How Should Orchestrate Music to Promote Dance Movements

#### 3.1. To Give Actors a Deep Understanding of Music

As mentioned above, the actor is the main body of the dance cheerleading, occupies an extremely important position, and plays a decisive role in the success or failure of the performance. In the process of using music to complete the dance cheerleading, the actor should have a deep understanding and understanding of the music, in other words, if the actor has a sense of music that is not understood, then in the performance process will show a specious state, which will play a very negative impact on the performance of the actor, all actors should pay attention to avoid. It is regrettable that the majority of dancers are not very interested in music, so the foundation of music can not be completely satisfactory, which is also a problem that must be paid attention to and solved urgently[3].

Table 3 Relevant questionnaires

Do you have a deep love for music?	
Yes, I love music	23.45%
I don't know music	76.55%

In addition to guiding students to learn dance, dance teachers should make students learn music attentively, understand the inner charm of music, and thoroughly understand the positive influence of music on dance, so as to improve their artistic perception and comprehension, so as to become a better dancer.

#### 3.2. Music Should be an Action Service

The dancer should not let the movement serve the music in the process of performing the dance cheerleading, but should make the music serve the movement. Only in this way can the music and the dance movement achieve the mutually beneficial effect. In other words, the choice of music should be pragmatic, but also let music stimulate the action of actors. Dance cheerleading in the process of presentation, has the role of activating the atmosphere, so the music used should also have a similar role, if the actor's dance movements are soft, expressive, but the background music is depressed, dumb, then will inevitably cause a lot of problems, so that the whole dance cheerleading into trouble, this should be noted. Music can not dominate, otherwise, the whole nature of the dance cheerleading will have a huge deviation and displacement, it is difficult to feel the charm of dance cheerleading.

#### 3.3. Pay Attention to the Moderation of the Music Itself

As has been analyzed above, most dancers do not know and understand the music deeply enough, so in the process of programming, we should pay attention to the moderation and difficulty of the music itself. If the dancers can not use the music with moderate difficulty, it is easy for the actors to feel confused in the performance process, which is also very unfavorable for the subsequent movements of the actors, so it is worth the dance leader to seriously analyze and summarize. Dance teachers should choose the music that the actors know.

### 4. Conclusion

The dancers need to release their life passion and energy into the action system when they finish the dance cheerleading, so that the whole audience will be infected by themselves and their artistic ability will be enhanced. In the process of choreography and use of music, dance teachers should pay attention to the moderation and difficulty of music itself, so that more actors, with the help and push of music, can complete their own performance movements and bring more beauty and joy to all the audience.

## References

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