

Music in Sports Dance Teaching Guidebook at Tai an City, Shandong Province

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Abstracts

The objectives of research were :(1) To study music in sports dance teaching guidebook in Tai'an city, Shandong province, the people's republic of China. (2) To create a guide book for the Sports dance music teaching. (3)To verify the educational guide provided by 3 experts.

The research methodology was qualitative method.

Research tools included: Interview form; Sports dance music Teaching Guidebook; IOC form. Descriptive analysis was used for the information of interviewing from three key informants.

The results of this study:(1) music and dance are inseparable. Music is the sound of dance, and dance is the body of music. The relationship between sports dance and music is complementary, mutual integration and blending. The clever combination of the two makes things more complementary, not only gives the music soul, but also makes the dance equipment with vitality. (2) The dance movement and the rhythm of music is the basis of sports dance training, followed by the understanding and embodiment of dance style. Including choreography of dance movements, rhythm of music, speed of music, as well as music melody and dance style, these are factors that affect the choice of music. (3) It can gradually improve students' level of music theory and fully embody the status of music in teaching activities. Introduce excellent teachers to lay a foundation for better dance teaching effect; To achieve good coordination between music and technical movements, to ensure the rational use of music speed; Flexible use of music change rules, will fully reflect the rule changes.

Keywords: Sport Dance; music; Sports dance music teaching

Introduction

Dance sport is gradually becoming popular. Different from other projects, it is that sports dance itself is competitive and performing, and needs musical accompaniment in the process of performance. As one of the essential contents of sports dance, the spread of dance music rhythm directly exceeds the spread of language in the process of human communication, and in the process of competition, its rules have very high requirements for the music rhythm of the contestants. Then, how to use the advantages of music rhythm in the process of integrating their own characteristics in the competition to effectively improve their own performance ability has also become a necessary quality in the current sports dance dancers (Huang & Ren, 2004 : 3)

In sports dance, itself is set in technical beauty, music beauty and clothing beauty as a sport, itself has a high ornamental, so the audience in the process of watching sports dance for players music rhythm will have a lot of attention, and sports dance music rhythm for the player in the process of the emotion has a greater incentive and promote the role, for the audience and the referee himself, sports dance rhythm selection, affect the referee's score. And in the process of sports dance teaching, the training process can also help the participants to better understand the rhythm of the music, which plays an extremely important role and influence in the training of sports dance teaching. Therefore, we can see the role and influence of the music itself for the sports dance. Only the dancers who understand the content of the music can select the music, and finally make the sports dance can be integrated with the cooperation of the music and the movement, to achieve the best artistic effect (Luo, 2010 : 1).

The importance of music in sports dance

Dance education is a comprehensive subject, a complete dance should have the participation of music, lighting, dance beauty, costume and other elements, good music is half of the success of dance, so music is a very key part of dance education, if dance movement elements like human bones, the music is either fat or thin, or round or elastic skin, she makes the dance more three-dimensional, full, she mobilizes people's hearing and kinesthetic, creating a harmonious common space. Music is the soul of dance, which shows the importance of music to dance. Without music, it is difficult to fully express emotions in dance. Dance music plays a crucial role in the success or failure of a dance work. Music is not only the accompaniment of the dance, but also the expression of the characters' rich thoughts and feelings and personality characteristics. For dance, music needs to stimulate and strengthen the dance. Music can cooperate with dance to stimulate the audience in both auditory and visual aspects. The combination of the two can complement each other to form a unified whole of visual image and auditory (Wu & Dong, 2004 : 3).

1) Inspire dancers and develop dance feeling

For the dancers, the dance movement has been deeply imprinted in their minds, and as long as the music plays out, they will dance to the music. To reach this level, music is needed to develop a sense of dance. In sports dance teaching, teachers can let 6 students practice some basic movements without music, but when practicing the specific dance movements, if music is not introduced, it will not only make students feel tired, but also affect the formation of students' dance feeling because the thinking system lags behind the movement system. Before the dance practice, the teacher first guides the students with music to feel the dance emotion with music, and then corresponds the specific movements with the music content to practice, so that the students can practice the dance movements with emotion, and strengthen the movement memory under the "stimulation" of the music melody and rhythm. According to scientific research, the human nerve center can be under the auditory action to reflect, among which the psychological reflection is the most obvious, for example, when people hear the enthusiastic, bright rhythm of music, can get excitement and enthusiasm, and the operation of the brain will be accelerated, making the movement more flexible. Cultivating the feeling of dance is the basis of learning dance well and the necessary process to shorten the distance between students and dance. Therefore, sports dance teaching must be good at using music, only in this way can we lay a foundation for cultivating excellent dancers. When practicing sports dance, practitioners can mobilize their imagination according to the melody and rhythm of the music and body movements, so as to obtain certain inspiration to complete the dance

movements and improve the visual aesthetic effect (Hu & Xu, 2011 : 3). The reason why music can stimulate dancers' imagination and inspiration is that human auditory nerve and brain center can make certain psychological response to sound stimulation, and this reaction has certain directivity and regularity, so different auditory stimulation can cause different psychological response. It is this kind of reaction that causes practitioners to have endless associations and imagination when they participate in sports dance, so as to achieve the spiritual realm of blending scenes and enjoy more profound and beautiful artistic conception of dance. Sports dance is a kind of artistic dance which is "in the form of the outside and the feeling of the inside". In fact, the practice process is the integration of action and emotion. Different music expresses the emotion, embodies the artistic conception of the dance is also different. For example, the music of Rumba is touching and lyrical, which reminds people of the touching and romantic relationship between lovers. Samba with Brazilian style requires music that is warm and cheerful; 7 The paso doble, which shows the generosity of men, is accompanied by a Spanish style of march.

2) Improve the dance performance

Dance performance can reflect the basic skills of dancers, is an important standard to measure the quality of dance performance. An excellent dancer should not only master the skills and methods of dance performance, but also be able to deeply grasp the connotation of dance, and show the connotation of dance through their own movements and expressions. The dance expressive force can convey the connotation and emotion of the dance works, so as to infect the audience and trigger their emotional resonance. When evaluating the quality of dance performance, people should not only judge the technical difficulty of dance movements, but also pay attention to the expressive force of dance performance. Only good expressive force of dance can bring shock to the audience. Dance is the art of expressing emotions through dance movements. It is difficult to convey the connotation of dance without paying attention to the expressive force of dance and only paying attention to dance movements. For sports dance, its biggest charm lies in the organic combination of dance movements and emotion together, to achieve the purpose of physical and mental unity. Whether the body movement can fully express the emotion, mainly depends on the dancer's own expression. There are some factors that affect expression, and music is the most important factor. The organic integration of music in sports dance can fully express their feelings. The most important thing is to introduce the audience into the artistic conception of the dance, so that they can feel the feelings that the dancers want to express in the dance communication. For an excellent dancer, it can realize the organic integration of music and dance, so that the dancer and the audience have a tacit understanding and emotional resonance. Therefore, in the dance teaching, it is necessary to cultivate students in the grasp of music rhythm, so that they can find the 8 artistic conceptions of dance with the music tune, and then improve the ability of dance expression (Li & Li 2006 : 109-111).

3) Help dancers to create and design dance movements

People's central nervous system can be influenced by music, prompting the rhythm of the rhythm and the rhythm of the dancers' thoughts and emotions, so that their creative inspiration can be fully stimulated, and then make the dance movements richer and more beautiful. For this reason, dance sport is usually about designing the dance movements according to the selected music, rather than choosing the music according to the dance movements (Nie, 2001 : 2). Creating a dance atmosphere according to its melody can promote

the choreography and design of some dance movements closely related to the music in the choreography to express the artistic conception of the dance. Dance sport is also created according to the musical style that he likes and needs. In addition, sports dance is not only subordinate to music, but also has a certain selectivity for music. For example, in the tango's movement, the music needed should be sonorous and powerful, only in this way can we express the generous and heroic spirit of the dance. Music can help dancers and viewers understand the content of the dance, but also can increase the emotional color of the dance, make the dance more charming, more vivid. Therefore, music can directly touch the audience. Music is an emotional link between the viewer and the dancer, and makes the viewer closer to the dancer. Without music, music cannot adequately express emotion. The sense of rhythm of dance needs music to strengthen, and only in rhythm can we create dance works with appreciation and coordination. Music is the perfect image builder of dance. The connection of different musical forms makes the plot development of dance works more logical and complete (Ma, 2016 : 312-313).

4) Music can make the dance movements more coordinated Music can help the dancers to control their movements effectively and make them more coordinated. Especially for beginners, at the beginning of learning, some movements cannot be well mastered, and the timing of the force and the strength of the movement cannot meet the standard requirements. The music beat, rhythm and dance movements can be effectively coordinated. Both are carried out at the same time when students practice. Reasonable music stimulation can help students gradually grasp the timing of force and effectively control the movements. At the same time, sports dance is a group sports project, which has high requirements for students' sense of teamwork. It requires different dancers to complete all dance movements in tacit understanding, and to achieve coordination and unity in terms of strength, speed, movement and technology. However, in practice, due to the differences between individual students, the phenomenon of disharmony in the completion of the movements often occurs, which affects the overall aesthetic feeling and expressive force of the dance. At this time, the teacher with music guidance can help students to produce the time inertia in the practice, and then realize the unity of action. Physiological studies tell us that the mental response of cognitive nerve centers to auditory stimuli is also regular, so the melody of music and the corresponding impression of movement can be associated with the cerebral cortex. Therefore, to some extent, the rhythm and melody of music are reproducible, which can play a role in strengthening memory. Sports dance dancers' memory of the rhythm, speed, direction, distance and form of Sports dance t movements is also mostly accomplished in the unconscious state with the help of music. Such a situation is often encountered in sports dance teaching. Some students have not practiced sports dance for a long time, so they can't remember many movements and essentials. However, when the music starts, the practitioners can recall many relevant movements immediately, and 10 even complete the whole dance smoothly along with the music rhythm under the guidance of the music (Zhang, 2006 : 3).

Research Objectives

- 1) To study music in sports dance teaching guidebook at Tai'an city, Shandong province, the people's republic of China;
- 2) To create a guide book for the Sports dance music teaching;
- 3) To verify the educational guide provided by 3 experts.

Research Methodology

This research was conducted qualitatively, Collect data by interview three experts.

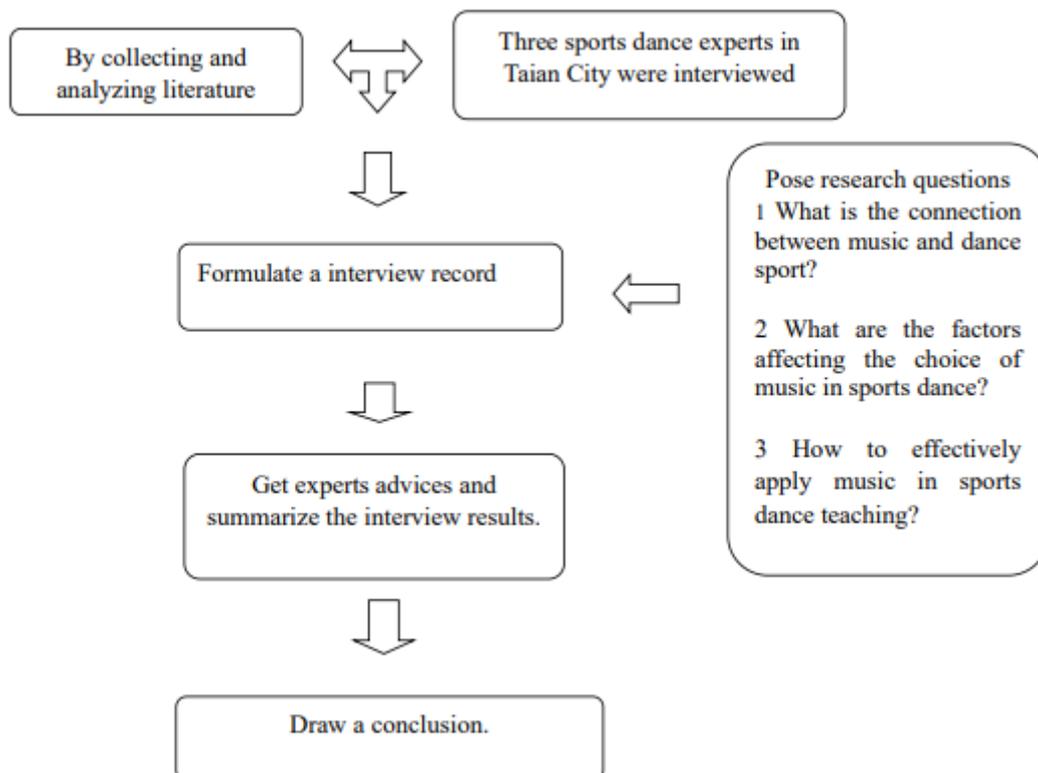
Research Scope

Scope of Place: Fashion art dance school, Tai 'an city, Shandong Province.

Scope of time:2022.06-2022.10.

Scope of Content: The importance of music in sports dance; The use of music in sports dance; Analysis on the application of music in sports dance; An introduction to sports dance.

Research Conceptual Framework



Research Findings

Create Guidebook

Chapter1.The use of music in physical dance

Section1.Analysis of music selection factors

1.Choreography of dance movements

It is to carry out the process of designing core movements. In the process of dance performance want to design a wonderful action, in the process of technology and performance need to be based on the melody of the music, rhythm and other aspects of the action selection, and finally to determine the action and the form of its performance.

2. Rhythm of the music

The length of the organized sound is called rhythm. The rhythms that are typical in music are called rhythmic patterns. Rhythmic type is characterized by recurrence and can maximize the musical style of that music. All the dance types in our sports dance, such as rumba, cha-cha, waltz, tango, have their corresponding specific rhythmic patterns in music. For sports dance, music plays a very important role in the process of sports dance competition or training, where the style of music refers to the combination of various elements that make up the music, the appearance of music will unconsciously stimulate the dancer's nervous system, from the dancer's ears to the body and the dancer in the use of their own beautiful dance to express, the two need to effectively combine to give the audience the enjoyment of beauty.

3. Tempo of Music

How fast or slow the music proceeds is called tempo. Basically, it can be divided into: fast, slow and medium speed. Dances like rumba, waltz, and foxtrot are slow dances. And bullfighting, tango, Vienna waltz all belong to medium speed dance. Other samba, cha-cha, cowboy, and quickstep all belong to fast dances. Speed must be understood to be artificially determined and necessary for the music. It is for expressing musical emotions and shaping musical images. In music, fast playing slow music will seriously damage the image of the music. Excitement, excitement, joy with fast, lyrical with medium speed, hymns of praise, memories, elegies are used with slow speed. This common sense can help you understand the expressive emotions of music.

4. The melody of music and dance style

Rhythm as an important basis of dance, melody is an extension of the dance content. The sports dimension is the artistic content expressed in the movement of a person's own body. Adding some beautiful melody can make the shape of sports dance as well as music more cleverly combined, and the melody of music ultimately has an impact on sports dance not second to the impact of rhythm and dance, thus the importance of music melody can be understood. Let students master the dance style and present the music melody to enhance their learning and develop their overall quality.

section2. Dancers need to know about music theory.

For sports dance and music, their artistic characteristics are relatively independent, and to integrate them perfectly and accurately, dancers need to have a certain knowledge of music theory. To fully grasp the melody and rhythm of the music, and understand the musical background, so that the dancers in the process of practice, more in-depth understanding of the musical context, the dance will be perfectly shown to the audience, so that they feel the unique charm of sports dance. In different nationalities and regions, there are certain differences in their musical characteristics, and there are also certain differences in the thoughts and emotions expressed. Therefore, a full understanding of these connotations and characteristics will enable a reasonable selection of the corresponding music. In addition, to fully develop a sense of music and to understand music more deeply, one needs to absorb the sounds of very different styles. A thorough and in-depth understanding of the context, mood, melody, and rhythm of each piece of music. When carrying out dance teaching, teachers should guide students in the mastery of music theory knowledge, so that students can make use of beautiful music and through body language, so that the audience can better understand the aesthetic side of sports dance.

section3. Mastering music rhythm teaching

Sports dance is mainly based on music to design dance movements, therefore, when selecting music, the type of dance should be clarified. The characteristics of the music will be

different, in terms of speed and beat. It is very impractical to explain all the music in detail, so we need to focus on the rhythm of basic dance music to ensure that all students can fully grasp it, and through repeated practice, to find the inner connection between each music, to achieve the purpose of learning from one to another. For basic dance rhythm, there are certain rules, and in the international community, the beat and speed of music commonly used in sports dance are regulated. For example, in waltz, the beat is $3/4$ time and the speed is about 29 bars per minute. When carrying out teaching activities, students need to master the beat rhythm and then learn the dance movements.

Chapter2.Collection of music in sports dance

Section1 Characteristics of music in physical dance

Music plays an important role in the teaching of physical dance and can further improve the effectiveness of teaching. However, not all music is suitable for sports dance teaching. The music applied in sports dance teaching mainly has the following characteristics: first, the music has a strong sense of rhythm, whether it is soothing and beautiful music or hot music, it needs to have a strong sense of rhythm. In order to make the movements in sports dance have the characteristics of coherence and consistency, not only to reduce the difficulty of sports dance choreography, but also to enhance the appreciation and artistic characteristics of sports dance; secondly, can be well matched with sports dance teaching, music can be perfectly integrated with sports and dance movements, so in the selection of music, it also needs to be carefully selected to Promote that the two can complement each other, thus forming a unified whole.

Section2. Collection of music materials



Cha-cha-cha

Cha-cha-cha:



Rumba

Rumba:



Samba

Samba:



Jive

Jive dance



Bullfighting dance

Bullfighting dance:



Waltz

Waltz:



Tango

Tango:



Foxtrot

Foxtrot:



Quickstep

Quickstep



Vienna Waltz

Vienna Waltz:

Discussion

In the process of dance, music is an important component, so in the selection of music, it is necessary to effectively audit with dance. However, in terms of the current situation of the use of music in the performance works, the most prominent thing is that the music choice of dance does not match the style of dance, which will ultimately directly affect the effect of the performance. In sports, dance has certain particularity, the need to stick to the rhythm of the music, under a certain beat dance movement, if and music will eventually let the dancers own body coordination, also will affect the atmosphere of the performance, express emotions and emphasis does not reach the designated position, make the whole performance will fail. In sports dance, dance style and characteristic is needed according to the rhythm of the music; in the process of performance, the dancers need to express different emotions, and in each kind of mood need different music to match if the dancers themselves need to express more sad mood, eventually selected music also need more dull slow, the dance is to slow down, to form a sad atmosphere, bring the audience into them, can highlight the artistic aesthetic feeling of dance. Therefore, in the actual teaching of sports dance, there is an inconsistent trend between dance and music style, which is difficult to guide students to put into specific learning, and it is difficult for students to master more dance skills, which has a bad impact on the healthy development of students (Ma, 2016 : 312-313).

Sports dance originally originated in Western countries; in the process of development of the original and Western music rhythm wanted to match, so sports dance itself has some western exclusive production; in some large sports dance competitions and the process of performance, a lot of music is for the dance performance and creation, dancers themselves under the music to show a more beautiful dance. Among some important dance sport competitions in the world, the most visible dancer level is the Black Pool Dance Festival. Since its establishment in 1920, it has been respected by all dance sport dancers, mainly representing the most advanced technology, and music is also an important platform for dancers from different countries. In the process of the game the rules of the game are by different dancers' approach, to random music; in the black pool dance festival held for many years, each session of music will be repetitive selection, also represents the competition in the sports dance competition status and level, so relatively less professional dance will affect the effect of the performers and mood.

Music education often faces resource and time constraints, resulting in music educators needing to weigh all aspects of the educational process. In this context, emotional management may be considered a secondary pedagogical component and therefore receive less attention.

Individual and Cultural Differences

There are large individual differences among music performers, and the needs and appropriate strategies for emotion management may vary from performer to performer. In addition, there are differences in musical performances and emotional expressions in different cultures. These factors may add to the difficulty of music emotion management education.

Conclusion

Music has the role of improving the performance effect of dancers and improving the sports performance in sports dance. However, the unmatched music has a negative impact on the dancers' performance effect, which restricts the dancers' performance. 2. Sports dance performance works are influenced by various factors, including the choreography of sports dance movements and performance in sports dance performance. There is a very important position in the work. The quality of the choreography will directly affect the students' interest and efficiency and the audience's preferences. The creation of dance movements needs to be arranged according to the level of the dancers, the difficulty of the movements, the rhythm and style of the music. The selection and creation of music have a guiding role in the choreography and design of dance movements. There are many problems in the application of music in sports dance. To integrate music and dance, it should be made according to the style of dance. Some dancers instead ignore the music and focus only on the dance skills. 51 The most prominent point is that the choice of dance music is not suitable for the style of dance. The learning difficulty of sports dance lies in the tacit cooperation between dance steps and music, and also to convey the emotion of the connotation of dance. The most basic requirement is to practice dance sport, dance movements and the beat of the music. Blind choice of dance music will affect the performance, performance effect and training enthusiasm of the dancers

Recommendation

Theoretical Recommendation

The choreography should be combined with music. The creation of dance movements should be arranged according to the level of the dancers, the difficulty of the movements, the rhythm and style and other factors of the music. First, we should conceive the general style of the movement, decide the theme and form of the dance movement, set the general path of the movement, the style of the whole set of dance music, the form, technical level, physical quality and expression of the dancers. Including the style of music and dance, the expression of music connotation, the design of movements, to determine the framework of performance dance. Make the form of sports dance performance works rich and wonderful and logical.

Dancers' study of music theory should be strengthened. Teachers should teach dancers to master relevant music knowledge, such as music rhythm, music rhythm, music style, etc., and have simple music appreciation and analysis ability. Have good attention to music, memory, etc. This knowledge is simple and easy to learn, and the most operational and efficient way is to let students beat while doing movements, so as to improve the application of music theory knowledge.

In the teaching process, music and dance should be combined with each other, and they should complement and influence each other in the development. Dance movements should be changed from simple to complex, step by step practice, cannot blindly pursue more learning, speed. In the specific learning process, the first thing is to recognize the rhythm of the music. Teachers should explain the knowledge and characteristics of the music in detail, but also guide the students' interest in learning, let them complete the learning task independently, practice more in practice, and give the dance in different ways of expression. What is more important is how the students choose the music suitable for the dance in their study.

Practical Recommendations

Following the principles and methods of editing music, there are two ways to create dance background music. One is to use the existing music to complete and set up corresponding plots for the existing dance. In general, this way. When editing the music, we should consider that the music and the dance movement style are consistent and adhere to the principle of unity. Of course, it is mainly to highlight the main body of dance and music, which requires editing music to highlight the main body, whether in terms of melody or rhythm. And for different sports dance styles, performance objects, performance occasions, we should choose the appropriate way to create the background music. In short, the flexible and clever selection of accompaniment music is the most fundamental. In dance teaching, teachers should not only have strong professional dance professional ability, but also constantly improve their personal cultivation in music, correct and reasonable and broad selection of music materials, so that the music accompaniment in dance class is diverse and rich in content.

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