

# **Analysis On Strategies To Effectively Deal With Music Rhythm In Teaching Of Sports Dance**

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**Abstract:** The sports dance is a pattern of manifestation of sports teaching and there are many forms for sports dance with a strong rhythm, for students, sports dance can attract more attention of students and is conducive for students in motivating the interest in sports exercise. In the practical sports teaching, certain deviation in teaching will be frequently seen, which lead bad effect by physical exercise. The biggest influencing factor in teaching sports dance is the master of music rhythm, sometimes due to the lack of rhythm, the teaching of sports dance will receive bad effects even the movements have been instructed for students.[3] As a result, students are reluctant for participation. However, in the actual education and teaching process, the mastery of music rhythm should be addressed so that the teaching effect of sports dance can be promoted in an interesting manner, which will be of great help to the promotion of teaching effect of sports.

## **1. Sports dance**

### **1.1 Connotation of sports dance**

Sports dance is a relatively new form of physical education, which embodies the integration of art and sports in dance. The most famous sports dance categories in the world are "Latin" and "Modern dance". The development of competitive sports dance has so far been extended to the mass sports dance, such as square dance. Sports dance is a kind of dance mainly through the cooperation of two people with fitness and entertainment. Today, competitive sports dance and mass sports dances are gaining popularity, becoming a major method for national fitness, communication, and are gradually used in physical education, many arts and sports colleges and universities have sports dance course, in some schools, sports dance is listed in the scope of elective courses, as a result, sports dance is also widely accepted[6].

### **1.2 Characteristics of sports dance in teaching and training**

#### **1.2.1 Intuitional characteristics**

Teaching of sports dance is given more focuses on direct perception, and obtains specific perception of listening, thinking and touch through direct body perception, thus leading students to grasp the learning technology in a close distance. The teaching of dance is made with the basis on the correct movement representation demonstration by instructors, which enables students to obtain technical perception through guidance in close distance. If you want to really master dancing skills, long term and continuous training is required.

#### **1.2.2 The characteristics of teaching students according to their aptitude**

Sports dance teaching is a specific teaching activity based on students' technical level and the ability to accept through the analysis of individual characteristics and differences. In the practical teaching, both the differences between individuals and connectivity in teaching should be considered. Besides, one-on-one tutoring should be conducted with fair treatment.

#### **1.2.3 Gradual training**

The teaching of sports dances needs to be made with reasonable arrangements according to the actual situation of students and strengthen the practice of different dance types. In the actual practice, it is necessary to make the teaching and content design of dance choreography from simple level to difficult level, and the learning progress of students should be adjusted at any time[1].

## **2. The necessity of processing of music rhythm in sports dance teaching**

### **2.1 Rhythm is the internal association of sports dance**

There is a close relationship between dance and music. In the final analysis, rhythm is a time factor, which links dance movements and music together to form a harmonious relationship. Rhythm in sports dance refers to the time, length, strength, speed and the relationship between them. The most important feature of sports dance is movement, which is the manifestation of "power" of sports dance. Sports dance is based on rhythm, which creates dance images and expresses dancers' emotions through the force, speed, energy, size and undulation of movement. Rhythm is the internal association of sports dance. Only from the "force", can it be "based on the heart" and make dance more spectacular.

### **2.2 Attention to the rhythm of music can help the dancer understand the dance related vocabulary**

As a humanistic art, sports dance is not just a skill and entertainment, but is conveyed and disseminated through dance performance, which should be comprehended by students majoring sports dance, and sports dance teachers are required to improve cultural literacy of students. The dynamic expression and transmission of emotion will directly enter the visual sense of others and reach the spiritual world. At the same time, due to poor cultural literacy and lack of knowledge, it is difficult to understand the "vocabulary", the connotation of movements and the meaning of cultural works related to sports dance, as a result, it is also difficult to reach the artistic status of "emotion is stirred with dance" and "silent dance wins sound" [2]. Paying attention to dance rhythm and dance music and enable rhythm to become the basis for students to learn dance, so that rhythm and music can form a harmonious relationship to truly achieve harmony and consistency.

## **3. Effective strategies to deal with music rhythm in teaching and training of sports dance**

### **3.1 To choose proper music according to the type of dance**

There are different styles of sports dance, and the music rhythm reflected in them is also different. In order to effectively integrate sports dance and music rhythm, it is necessary to determine what kind of music is suitable for sports dance, so that appropriate dance music can be selected based on the rhythm characteristics and artistic style of dance [4]. For example, different stress can produce different dance rhythm, basic rhythm of four beats: 4/4 | | x x x x x x x x |, the latter three beats are changed as xx xx xx to form the rumba rhythm, 4/4 xx xx xx | | XXX, if 16 dieresis are used to replace the 8 dieresis, the bullfight rhythm will be developed accordingly. Stress changed the the circulation of rhythm to push forward the development of the music, and at the same time, different dance styles are formed, so we should be more prudent in choosing music so as to effectively promote the music rhythm forward [6].

For example, in rumba, the speed of background music is based on stability, but the rhythm of the dance itself is relatively fast, so that the dancer can feel the emotion that the dance wants to convey from the music rhythm. The use of music in disco is mostly based on music with a strong sense of grandeur and rhythm. In the actual learning process, the unique aesthetic feeling generated by sports dance also has its unique characteristics, which can resonate with the hearts of the audience. The integration of music and dance with the use of appropriate music as the foundation can effectively show the essence of dance, so that people can feel the resonance. Different nations, countries and regions have different views on music and different ways of conveying emotions through music accordingly. Therefore, teachers need to select music that can show different

regional characteristics according to the characteristics of music and the artistic value of dance, and reflect the core spirit of dance under the backdrop of rhythm, melody and artistic conception.

### **3.2 The use of music for practice of basic movements**

All kinds of dances are required to exercise with attention to the practice of basic skills, while in the training of sports dance, more attention should be paid to the polishing of students' basic skills. The traditional training of basic skills is relatively boring, and students' enthusiasm for participation is not too high. However, the rhythm of music can stimulate students' enthusiasm for movement learning to the greatest extent. A good dancer must have a solid basic dance skill, which include basic dance steps, musical rhythm, dance stance, gravity shift and other contents. Only solid basic skills can make dance movements smooth [9]. In the actual sports dance training, basic skills can be added to the rhythm practice. For example, teachers can use music like "Liang Zhu" to strengthen students' extensibility training, and use "Turkish March" to strengthen students' special practice of tiptoe and rolling step. Waltz, for example, interval increase and the increase of the fluid by the action skills, but if the simple skills is likely to cause the body's centre of gravity is not yet fully formed the power point, at the same time, strength and speed will not be displayed. To use the rhythm of music to guide the student to grasp the second half of the music down, which can help students understand how to make the body flowing, disconnection between inside and outside the feeling, all these are the manifestations of inadequate exercise in techniques and dance.

### **3.3 Combination of movements rhythm and music rhythm required in dance training**

Teaching of music should be made to incorporate music and dance as a whole, on the basis of the emphasis on the choice of music, the rhythm of music and dance movements should be integrated. Firstly, through the master of music rhythm, the students should have a basic impression on sports dance, then do the dance exercise more targeted. This requires that in the actual dance training process, dance training methods should be designed to adapt to students' cognitive level and understanding ability, and scientific dance training methods should be constructed according to the actual atmosphere of music [7], so that dance music can become the correct guidance for dance teaching, which can reflect the charm and artistic value of dance teaching. In designing the training process, it should be noted that, firstly, the rhythm of dance movements should be mainly reflected in the overall rhythm of the music. In tango, the main stage is in 2/4 or 4/4 movement rhythm, while in waltz, the main stage is in 3/4. The main performance stages of different dances are different, which need specific analysis and applied into the corresponding music and rhythm. Secondly, on the basis of overall control, the next step of sports dance teaching should be carried out, so that students can feel the rhythm of dance and practice body movements after mastering the beat of music, which is more conducive to realize the unification of movement and rhythm [10].

## **Conclusion**

Generally speaking, if you want to learn and teach sports dance with a better result, solid basic skills are required as the foundation. Besides, in-depth exploration of the connotation of the dance can be achieved based on the solid basic skills, a good dancer can reflect the core of value of the dance through music, at the same time, the grasp of music rhythm by dancers may also affect artistic performance of the sports dance. Therefore, in the actual dance training, attaching great importance to the dance music and effectively deal with music rhythm are necessary, which is worth further research.

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