

REVIEW

"Love" Is the Origin of All Dances

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ABSTRACT

The art of dance comes from life; it is a reflection and portrayal of life. It is based on people's ambitions for a better life and carries beautiful wishes. These beautiful roots are ultimately derived from "love", in the dance based on the image of people. Dance art expresses the love between people, the love of human and nature, the love of human and society; in the dance works based on the object, the intrinsic connection between nature and the natural world is also reflected. This paper expounds the cognition of dance in terms of children's dance enlightenment, limb development, aesthetic education, etc., and promotes the continuous development of the dance cause, cultivates more outstanding dancers, and creates more excellent dance works.

1. The Origin of Dance

1.1 Cognition of the Origin of Dance from Theoretical knowledge

Through years of understanding and learning, we have initially learned that the origin of dance is divided into the following aspects: imitation theory, which is the oldest theory of art origin, originated from ancient Greek philosophers. They believe that literature and art originated from human imitation of nature, and imitation is human nature and instinct, but only because of different objects and different media, different artistic categories have emerged.^[1] Game theory: Schiller, a German poet and literary theorist in the 18th century, believes

that art is a "free" activity like a game, and the fundamental cause of art is "the impulse of the game." Witchcraft theory: this is the most dominant art origin theory in the modern West, which has produced totem worship, primitive religion, magic witchcraft, ritual etiquette and other activities. Expression theory: Art originates from the fact that a person wants to convey the feelings he has experienced to others, so he reawakens this feeling in his own heart, and at the same time enables others to experience the same feelings. Sexuality theory: Darwin once asserted that music and dance originated from the impulse of sex and originated in love.^[2] Therefore, at the same time as the totem worship, reproductive worship and sexual worship are also emerged. Labor theory: this is a theory accepted by many dance history workers in China. Comprehensive

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labor theory: regard labor as the most important origin of art, but it does not exclude other factors of artistic origin.

Therefore, it is believed that dance originated from human survival, seeking developmental labor practice and other life practices, which is a simulation of labor production, sex, fitness and combat drills, as well as totem worship, witchcraft religious ritual activities and the aesthetic needs of expressing the inner impulses of their own emotional thoughts.

1.2 All Dances Originate from "Love"

Whether it is the creation and development of today's dance works or the birth of the original dance art, it is the embodiment of the beautiful heritage of beauty, which is the concept of people conveying beauty and love through the body.

The several theories of the origin of dance mentioned in the previous article are ultimately derived from people's yearning for a better life, praying for good weather and the people living and working in peace. Even the works of purely deductive objects are the same. People give things to people's images. All of this comes from the love between people and the love of nature. For babies who have just arrived in this world, their eyes are the purest. The world they see is the best. They are happy and will make troubles. When they are unhappy, they will cry. We can think of this as the initial dance of every child, and this dance comes from the child's love for the world. The play of parents and children is also a combination of physical exercise and emotion, all from the love between parents and children.^[3] After that we saw a complete dance work, which is derived from the actor's own love of dance art, respect and love for the stage and the audience, the actors in front of the stage, the editors behind the scenes and all the staff work together to bring the beauty of dance art to everyone. So we say that all dances originate from love.

2. From Dancing for Joy to Dance Art

2.1 Dance Enlightenment and Limb Development

As can be seen from the existing dance enlightenment textbooks, dance enlightenment is not only a basic exercise, but also focuses on the development of the body, emphasizing the child's own subjective initiative, let the children learn to turn the dance limb into a language to express emotion. In the process of limb development, one of them is a limb imitation; the teacher will let the children imitate a variety of small animals, all kinds of people, such training will strengthen the child's own per-

ception of the world in a subtle way. The child will take the initiative to observe the world and express it with his limbs.^[4] Dance is the art of beauty. Through the teacher's enlightenment education and limb development of the child, from the initial dancing for joy to the future dance art, all the performers are interpreting through their own love for the world.

It is often said that children are a mirror of the family. In my opinion, the initial dance teacher of each child is a parent, and the first dance work seen is family life. Every parent is playing a dance while playing with his own children. This performance is not related to any technical skills, just a simple emotion. In this process, the child will imitate the actions of the parents, and slowly learn to embrace the movements of learning to kiss and so on. So we often say that a person dances with his innate style, and this style comes from love. If he lives in a warm environment, then the dance he plays must be warm, and vice versa.

2.2 Dance Art

As a professional dancer, we go from work to work, from participating in performance to becoming an audience. We have seen many dance works in this field. These dance works are as beautiful and beautiful as one piece of art.^[5] The reason why dance can be called an art is because of its appeal, it can resonate with everyone without saying a word.

Take the dance work "Chinese Mother" as an example. The whole work has no grand background. There are no super-difficult technical skills. Some are just actors, choreographers and the true feelings of all the staff. The work in just a few minutes infects everyone. No matter how strong the heart is, it will be moved. Even if there is deep hatred, it will not be able to withstand the greatness of maternal love.

The dance drama "Crested Ibises" gives the bird a human image. She is the embodiment of the beauty of the incarnation and the symbol of auspicious peace. The whole dance drama focuses on the fate of crested ibises and conveys the central thoughts and emotions to the audience. People are aware of the importance of protecting the environment while admiring the beauty of crested ibises and the deterioration of the environment, which has caused crested ibises to be extinct. This dance drama comes from human love for nature.^[14-18]

3. Aesthetic Education

Aesthetic education is also known as aesthetic education,

aesthetic education or aesthetic education. Aesthetic education is an educational activity that develops students' correct aesthetic concepts and the ability to appreciate beauty and create beauty. And dance is an important part of aesthetic education.^[9-13]

3.1 From the Perspective of Aesthetic Education, the Significance of Dance for the Youth

Dance education should be understood by educators who understand the characteristics of dance art, understand the characteristics of time, space and power of dance art, and use their own visual and auditory organs to enhance their sense of sensitivity and sensitivity to human body dynamics.

- (1) Dance can be a way for students to feel and carry forward positive, healthy and optimistic thoughts and feelings, and contribute to the cultivation of common ideals.
- (2) Our long tradition of dance and colorful folk dances can cultivate students' patriotic feelings.
- (3) Group dance can cultivate the spirit of collectivism and solidarity and friendship, and strengthen the concept of discipline.
- (4) Strength dance, cultivate brave, heroic and enterprising spirit.
- (5) Lyrical dance, can cultivate sentiment, cultivate beautiful temperament, and gain a beautiful feeling.
- (6) Dance can make the body organs flexible and sharp, improve thinking ability, and develop intelligence.
- (7) Dance can cultivate beautiful manners and correct posture, enhance the ability to distinguish beauty and ugliness.
- (8) The rhythm of dance can enhance students' sense of music and enhance their ability to appreciate music.
- (9) Dance can be used for fitness.

3.2 The Influence of Aesthetic Education through Dance on the Development of Dance Career

We all say that dance is an art that conveys beauty and creates beauty, and this art comes from love.^[7] If it is a simple dance education, it only emphasizes the skills of dance, and the dynamics of the body will make the dance of the interpretation have no soul and lack of emotion. Even the superb technical display is not enough to infect the audience. Therefore, through the aesthetic education, the dance talents with all-round development will be cultivated. These dancers not only have the skills but also the emotions, and will achieve the effect of doing more

with less.^[8] Through the aesthetic education of dance, we have produced a batch of outstanding dance talents. They are the mainstay of the development of China's dance career and continue to promote the development of China's dance career.

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