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The Aesthetic Experience of Dance Art Under the Perspective of Body Aesthetics

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Abstract: Dance art, with its unique body language and aesthetic expression, has become an important part of human culture. Body aesthetics plays a key role in the art of dance. Through the movements, gestures and expressions of the dancers, the aesthetic concept is visualized, bringing both visual and psychological enjoyment. This paper will discuss the relationship between body aesthetics and dance art, analyze the multi-dimensional characteristics of dance aesthetic experience, and show the unique charm and cultural connotation of dance art through the contrast of classical dance works and different dance styles.

Keywords: Body aesthetics; Art of dance; Aesthetic experience

Foreword

The application of body aesthetics in dance art is an important way to explore the aesthetic experience of dance. Through carefully designed movements and gestures, the dancers perfectly combine the lines, forms and rhythm of the body, showing the infinite possibilities of the human body. The multi-dimensional aesthetic experience of visual, auditory and body perception in the dance performance brings rich sensory enjoyment and emotional resonance to the audience. Classical dance works such as Swan Lake and the comparison of different dance styles further reveal the important position and role of body aesthetics in dance art. The in-depth analysis of these elements can understand the aesthetic value and cultural significance of dance art.

1. Relationship between body aesthetics and dance art

In the art of dance, body aesthetics plays a vital role. Body aesthetics is not only one of the core elements of dance art, but also the main source of aesthetic experience. Through the rhythm, posture and expression of the body, the dance art concretes and visualizes the concept of body aesthetics, bringing both visual and psychological enjoyment to the audience.

First, the embodiment of body aesthetics in the dance is mainly expressed through the movements of the dancers. Through carefully designed movements and gestures, the dancers perfectly combine the lines and forms and rhythm of the body, showing the infinite possibilities of the human body. These movements require not only skill, but also a deep understanding and grasp of beauty. Every dance posture, every movement is carefully arranged, in order to achieve the best aesthetic effect. For example, the high leg lifts and rotation in ballet not only show the flexibility and control of the dancers, but also highlight the beauty of the beautiful lines and gestures of the human body.

Secondly, the analysis of the body beauty in the dance performance is developed from multiple dimensions. The first is the visual beauty. The dancers create the visually striking pictures through their body movements, the formation changes and the interaction with the stage space. The second is the dynamic beauty, the dancers' movement coherence and the sense of rhythm, so that the audience can feel a smooth and elegant dynamic beauty when watching. In addition, the dance also brings rich emotional experience and psychological resonance to the audience through the changes in the strength, speed and rhythm of the movements. The body beauty not only reflects the external body beauty, but also integrates the inner emotional expression and spiritual temperament of the dancer^[1].

In short, the body aesthetics is deeply reflected in the dance art. It not only gives the dance a visual beauty, but also enriches the aesthetic experience of the audience through the dynamic form and emotional expression. It is through this application and interpretation of body aesthetics that dance art shows its unique artistic charm and profound cultural connotation.

2. A multi-dimensional analysis of the dance aesthetic experience

2.1 Visual aesthetic experience

Visual aesthetic experience is the most intuitive part of dance art. The dancers' movements, stage scenery, costume design and lighting effects together constitute the overall visual beauty. Through their exquisite skills and beautiful movements, the dancers show the rhythm

and movement of the dance incisively and vividly. For example, the elegant rotation and light jumping in the ballet, and the free expression and innovative movements in the modern dance, are all the concrete embodiment of the visual beauty. The stage set and lighting design further enhance the visual effect, and the different colors and light and shadow changes can highlight the movements of the dancers and create a specific emotional atmosphere. Clothing design is through color, texture and style, echoing the dance theme, to enhance the overall visual experience^[2].

2.2 Auditory aesthetic experience

The auditory aesthetic experience also cannot be ignored. Music in the dance art is the soul of the dance movements, and the rhythm, melody and emotion of the music are closely combined with the movements of the dancers to form a harmonious whole. Music not only provides the rhythm and background for the dance, but also influences the emotional and psychological experience of the audience through the changes of tones and beats. For example, cheerful music with brisk dance steps will make the audience feel happy and jubilant, while lyrical music accompanied by soft movements can trigger the audience's resonance and moving. In addition, the acoustics on the stage also play an important role, enhancing the appeal of the music and making the audience more immersed in the dance performance.

2.3 The aesthetic experience of body perception

The aesthetic experience of body perception is a unique and profound part of dance art. The audience can experience the power, speed and rhythm of the dancer's movements through their own body perception. This experience is not only an extension of the visual and auditory experience, but also a physical and psychological resonance. Every movement in the dance contains the emotion and intention of the dancer, and the audience can feel the inner world and mental state of the dancer through the physical perception. For example, in modern dance, dancers often have a deep emotional resonance with the audience through the natural rhythm of their body and the sincere expression of emotion. In addition, when watching the dance, the audience often unconsciously produces physical reactions with the dancers' movements, such as rapid heartbeat, muscle tension, etc., which are the direct embodiment of body perception^[3].

3. Case analysis of aesthetic experience in dance performance

3.1 Aesthetic analysis of classic dance works

Let's look at the aesthetic analysis of the classic dance works. Take Swan Lake, for example, a ballet composed by Peter Ilich Tchaikovsky, which has become a treasure of world dance art. The Swan Lake creates a romantic and tragic story through its elegant dancing posture, exquisite craftsmanship and moving music. The work has the following several aesthetic prominent features:

(1) Action aesthetics: The high legs, rotation and jumping of ballet are extremely reflected in Swan Lake. Each movement is carefully designed and rehearsed to show the flexibility and strength of the dancer. In particular, the solo dance part of the white swan shows the nobility and purity of the swan through the light footsteps and the elegant arm movements of the swan, which is breathtaking.

(2) Visual beauty: Stage set and costume design also play an important role in Swan Lake. The background of the lake, the moonlight and the white tutu worn by the dancers create a dreamy and beautiful scene. Every detail enhances the audience's visual enjoyment and makes the whole performance poetic.

(3) Musical aesthetics: Tchaikovsky's music infuses soul into Swan Lake. The beautiful melody, rich harmony and varied rhythm are perfectly combined with the movements of the dancers, forming the audio-visual double enjoyment. Music not only provides the rhythmic basis of the dance, but also enhances the dramatic effect of the story through the expression of emotion.

3.2 Aesthetic comparison of different dance styles

(1) Ballet: Ballet is known for its superb skill and strict form. Its aesthetic experience is mainly reflected in the accuracy of the movements and the beautiful lines. Ballerina show a pure beauty through highly controlled body movements. When watching the ballet, the audience is often impressed by the skills and dance moves of the dancers, and feels a kind of elegance and noble beauty.

(2) Modern dance: Different from the formalism of ballet, modern dance emphasizes more on self-expression and emotional reality. The movements of modern dance are free and flexible, and the dancers express their inner emotions and thoughts through the natural rhythm of the body. This form of dance pays more attention to the uniqueness and creativity of individuals, bringing a novel and changeable aesthetic experience to the audience. For example, Martha Graham's work "Cry" has deeply touched the hearts of audiences through intense emotional expression and innovative action design.

(3) Folk dance: Folk dance integrates the cultural characteristics and traditional customs of various regions, and its aesthetic experience has a strong regional and national nature. Different folk dances show different styles and aesthetic feeling, such as Chinese fan dance, Indian Katak dance, Spanish flamenco and so on. These dances not only show the rich and colorful cultural background, but also bring the audience the exotic aesthetic enjoyment through the unique movements and music. For example, the audience through intense steps and passionate gestures.

Through the aesthetic analysis of the classical dance works and the aesthetic comparison of different dance styles, we can get a more comprehensive understanding of the richness and diversity of dance art. Whether it is the exquisite technology, the emotional expression, or the inheritance of culture, the dance art deeply attracts and moves the hearts of the audience through its unique form and content. Dance is not only a physical art, but also a carrier of emotion and culture, providing people with infinite aesthetic experience and spiritual resonance.

4. Epilogue

The importance of body aesthetics in the dance art is self-evident. Through the exquisite skills and emotional expression of the dancers, the dance art not only brings the visual enjoyment to the audience, but also provides a profound aesthetic experience through the dynamic form and emotional resonance. Classical dance works and different styles of dance show the diversity and richness of dance art, revealing the unique charm of dance as a carrier of emotion and culture. Through its interpretation of the body aesthetics, the art of dance constantly attracts and moves the audience, providing people with infinite aesthetic enjoyment and spiritual resonance.

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