

The Core Role of Dance Education in Artistic Cultivation and Cultural Heritage Inheritance

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ABSTRACT

This paper explores the significance of dance education in artistic cultivation and cultural heritage inheritance. By analyzing how dance education helps students enhance their artistic literacy and comprehension, the paper points out that dance is not only a performing art but also an effective carrier for cultural transmission. The study reveals that dance education can strengthen students' awareness of both local and international cultures, thereby deepening their understanding of cultural diversity and cultural identity. Furthermore, as a form of non-verbal expression, dance plays a core role in promoting emotional expression and social skills. The research demonstrates that systematic dance education is crucial for artistic cultivation and cultural heritage inheritance, and it is of great importance for nurturing a well-rounded younger generation.

KEYWORDS

Dance education; Cultural heritage inheritance; Artistic cultivation

1 Introduction

Dance, as an artistic medium full of expressiveness, not only had aesthetic value but also played a vital role in cultural exchange and education, and in the present situation of globalization where different cultures coexist, the function of dance education became even more remarkable as it not only helped students improve their abilities of art perception and expression but also served as a way for cultural understanding and dissemination, and this paper tried to explore the core role of dance education in artistic cultivation and cultural heritage inheritance and analyzed its impact on students' personal development and cultural consciousness. Through systematic research and analysis, this study discovered the many benefits of dance education, particularly its unique contribution to enhancing the sense of cultural identity and the appreciation of diversity, and the research aim was to clarify the crucial role of dance education in cultivating a well - rounded younger generation and propose strategies for the further development of dance education.

2 The promotion of artistic literacy by dance education

2.1 Cultivation of dance skills and understanding of artistic aesthetics

Dance instruction had a vital part in boosting artistic proficiency, especially in developing dance skills and promoting an appreciation of artistic beauty ^[1], and dance was not just a form of bodily expression but also an art form while the attainment of abilities and the grasp of aesthetics were mutually supportive, making up the key components of dance education ^[2].

The evolution of dance skills acted as the foundation of all dance learning and via organized dance instruction, learners were capable of obtaining the basic motions, body control, sense of rhythm, and spatial awareness of different dance styles, for example, ballet put an emphasis on elegance and body shapes, focusing on body stretching and turning, while modern dance laid more weight on emotional conveyance and the exploration of personal style and different dance forms required different skills and training methods, allowing students to form their own identities within various artistic expressions. By practicing these skills repeatedly, students improved their physical flexibility and coordination and this advancement not only promoted students' physical state but also strengthened their understanding and perception of dance beauty ^[3].

In the realm of dance instruction, the understanding of artistic beauty was equally essential as an all - encompassing art form where the aesthetic features of dance were shown in the combination of motions, melodies, feelings, and stage shows, and when students were obtaining dance proficiencies, they should have concentrated on the cultural meanings, emotional expressions, and artistic patterns hidden beneath the movements, for example, understanding the ways of expression and emotional interactions of dances in different cultural backgrounds helped to improve students' abilities to appreciate art, and by watching classic dance performances and participating in dance talks, students not only improved their ability to appreciate dance works but also developed their sense and evaluation criteria for artistic creation.

In the realm of dance instruction, exercises in spontaneous movement creation and dance composition could have further augmented the grasp of artistic beauty, and during the whole creative journey, pupils had to merge the

proficiencies they had gained with artistic concepts, thereby nurturing a unique artistic outlook and creative manner^[4], and through the act of choreographing, students were able to explore the underlying feelings and stories inside dance, which strengthened their knowledge of the performing arts, and this not only heightened their artistic capabilities but also laid a firm foundation for future artistic undertakings.

In the realm of dance instruction, the advancement of dance skills and the understanding of artistic beauty were intertwined to craft an effective means to boost students' artistic competence, and rigorous skill drills had enabled students to express themselves freely while the admiration of aesthetics had guided them to delve into deeper meaning and value in dance, and this development not only provided students with the possibility of growth in the field of art but also set up a solid foundation for them to become active participants in the dissemination of cultural heritage, and if this trend continued, it would further enrich the students' artistic experience.

2.2 Creation of dance works and artistic expression

The creation of dance works and the expression of art were vital aspects in dance education and had a significant impact on improving students' artistic achievements, while dance choreography was not just a display of skills but also a holistic disclosure of artistic ideas and emotional expressions, and through participating in dance choreography, students could explore the connection between their inner feelings and the outside world to develop a unique artistic style.

In the course of the dance creation procedure, learners were asked to understand the basic components of dance, like movements, rhythm, space, and feelings, and through systematic teaching, dance education enabled students to master these crucial elements and use them skillfully in creation, and when they choreographed dance works, students should combine theoretical learning with practical skills and express their personal artistic views and emotional experiences by exploring and using dance language, which not only improved students' overall artistic abilities but also cultivated their creative thinking and independence.

Artistic expression serves as the core of dance composition^[5], and every dance work contains the choreographer's ideas and sentiments, reflecting their understanding and pondering of life while the presentation of a dance show doesn't just depend on the fluidity and grace of movements but also on the expression of emotions through every subtle body movement, and during this process, dance teaching guided students to concentrate on the delicate expression of body language and encouraged them to explore the emotional depth within the dance. In this way of expressing, students aren't only dancers but also storytellers as they present their inner stories through their bodies and engage in deep emotional exchanges with the audience.

Choreography also lays stress on cultural recognition and inheritance, and as a form of cultural art, dance usually contains rich cultural meanings and historical backgrounds, and during the creation process, by researching and grasping local traditional dance forms, students could not only gain a deeper insight into the essence of local culture but also integrate their own understandings and innovations of traditions into their works, and this cultural integration allows dance pieces to not only show individual artistry but also reflect the shared cultural memory, which has a positive effect on promoting the inheritance of cultural legacy.

The creation of dance works and artistic expression were crucial elements in dance teaching, and through this process, students' artistic sense was effectively improved; in the continuous exploration and innovation, students not only learned to convey their emotions and thoughts but also achieved self - awareness and self - expression in the multicultural context, laying a solid foundation for their future development in the field of dance, yet it should be noted that sometimes this learning process could be a bit more complex than we expected.

3 The role of dance education in cultural heritage inheritance

3.1 The integration of dance and local cultural identity

Dance, as a unique form of artistic expression, was deeply rooted in the cultures of various regions and served as a significant means for local cultural identification, and dance education played an important role in enhancing students' connection with local culture, and through participating in systematic dance learning and training, students could not only gain dance skills but also cultivate a deep understanding of local history, traditions, and customs, so in this way, they would establish a special emotional tie and sense of recognition with local culture.

During dance lessons, teachers often pick dance works that show regional characteristics and are full of lots of local cultural meanings, and over the learning time, students improved their understanding of local cultural symbols by imitating and performing these dances, and the stories and backgrounds behind the dance moves and tunes let students gradually understand and recognize the history and traditions of local culture, and dance didn't just act as a physical expression but could also be a means for the reproduction and spread of cultural memory.

Local dance instruction has been integrated into community events, inspiring students to participate in local festivals

and remembrances through performances and other endeavors to meet social needs, and this kind of participation not only allows students to experience the charm of local culture in real - life scenarios but also encourages their interaction with the community, enhancing their sense of belonging to their cultural identity, and when students perform local dances at festivals, they aren't just moving their bodies but should be regarded as carrying on and spreading the core of local culture.

In dance education closely connected to local identity, the role of instructors was crucial as outstanding teachers vividly conveyed local cultural stories by blending tradition and modernity, which allowed students to develop admiration and respect for local culture while involved in dance learning, and in the classroom, teachers guided students to explore the cultural meanings behind dances and encouraged them to express their feelings about dance to foster a deeper cultural experience and sense of identity, and if teachers had done more, students might have had an even better understanding.

Another vital part of dance teaching is the aesthetic judgment and cultural insight it cultivates, and this ability went beyond just identifying local culture and had a positive impact on the admiration and respect for other cultures, and in the era of globalization, as a form of cultural expression, dance could help students take a more open - minded attitude towards accepting different cultures, so dance education not only served as a tool for the conservation of local culture but also acted as a channel for promoting mutual understanding and respect.

Based on the previous analysis, it was obvious that dance instruction played a crucial part in local cultural recognition and it could effectively enhance students' cultural awareness, strengthen their understanding and respect for customs, build a strong connection between people and the community, and thus bring new vitality to the inheritance and protection of local culture.

3.2 The role of dance education in international cultural exchange

As a unique form of artistic expression, dance had always played a crucial role in global cultural exchange and in this process, dance teaching not only helped with the understanding and integration of different cultures but also strengthened cultural spread and recognition around the world, and if it were to continue, it would further enhance such cultural interactions.

By teaching students about the pasts and methods of dances from a variety of countries, dance teaching helped students gain a deep understanding of the artistic features in different cultural settings, and learning dance art from various cultures was not just about getting into the essence of different ethnic cultures but also about exploring their societies, histories, and values, and adding the study of traditional dances of different ethnic groups to dance courses could arouse students' interest in and bring about respect for cultures around the world, thus gradually promoting cross - cultural understanding which not only improved students' abilities to appreciate art but also laid a foundation for them to become global citizens.

In the realm of global cultural interaction, dance instruction serves as a means for the blending of various cultures and through the organization of dance galas, exchange performances, dance competitions, and other forms, countries could fully showcase their age - old and modern dances, attracting audiences and artists from around the world to participate, and in these cultural exchange undertakings, dance acts not just as an object for artistic appreciation but also as a bridge between different cultures which not only enhances cultural awareness but also lays a solid ground for the building of friendly ties between different nations.

The non - verbal characteristic of dancing gave it a unique advantage in global communication, and by using the human body as the means of expression, dance was able to overcome language and cultural barriers; whether it was traditional ethnic dance or modern contemporary dance, the information conveyed by dance through motions, beats, and feelings could often directly touch the audience and arouse a response, and dance instruction not only helped students learn dance skills but also developed their ability to communicate via dance as an art form, enabling them to present themselves and spread culture on the international stage.

The importance of dance instruction in cross - border cultural interactions couldn't be underestimated as what it provides isn't just the enjoyment of art but also in - depth cultural exchanges and mutual understanding, and through dance instruction, students not only became carriers of cultural heritage dissemination but also promoters of cultural interactions, and it was exactly in this process that dance instruction allowed global cultures to seek coexistence within diversity, enabled different cultures to create new inspirations during exchanges, and provided a continuous driving force for the attainment of the harmonious progress of human culture.

4 Conclusion

This paper conducts an in-depth exploration of the key role of dance education in artistic cultivation and cultural

heritage inheritance. Through empirical analysis, it confirms that dance education not only improves students' artistic literacy and cultural comprehension but also promotes in-depth knowledge of both local and international cultures. At the same time, as a form of non-verbal communication, dance demonstrates unique effects in enhancing emotional expression and social interaction. However, it should be noted that dance education still faces challenges such as insufficient teaching staff and incomplete integration of cultural diversity in the actual promotion process. Future research can further explore strategies for integrating regional cultural characteristics with dance education, as well as the innovative application of dance education in the digital teaching environment, so as to continuously promote the in-depth development of dance education.

About the Author

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