

Research on Dance Choreography Teaching Reform and Creativity Training of Students

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Abstract: Dance is a form of artistic expression that combines the beauty of the body and beauty of temperament that conveys emotions through body movements and eye expressions, giving a beautiful experience for the audience. The choreography work of dance has certain professionalism and uniqueness. Therefore, for students majoring in Dance Choreography, the creation of dance requires not only skills but also creativity. Integrating creativity in dance can increase the beauty, charm, and appeal of dance. This article mainly analyzes the current situation of Dance Choreography teaching, and explains the importance of creativity in Dance Choreography, and explores ways to cultivate students' creativity in dance teaching.

Keywords: Choreography; Teaching Reform; Creativity; Approach

With the material life has been satisfied, people's demands of spiritual life are getting higher and higher. Therefore, art education has also received more and more attention. Dance Choreography has become a very popular art major in colleges and universities. In today's diversified social life, higher requirements have emerged for dance art expressions. We need to constantly explore new dance pieces so that the choreography education also needs certain reforms to meet the needs of students' creativity. Dance choreographer teaching reform is of great significance to cultivate students' innovative consciousness and creative thinking.

1. Teaching status of Dance Choreography

1.1 Teaching has simplicity

Under the influence of the traditional teaching model, the Dance Choreography teaching approach is relatively backward, and the classroom teaching is singular, characterized by teachers explaining the theory knowledge of choreography. The lack of practical exercises has led to the serious disconnection of professional skills that students have learned in the classroom and market needs, which hinders the professional development of students. An excellent professional curriculum system of Dance Choreography should combine knowledge learning in class with choreography practice to give students enough space to develop creative thinking and innovative choreography. However, the current teaching concepts and methods of Dance Choreography in colleges and universities are more traditional. Students trained under this model are rigid in thinking, lack of innovative awareness and ability, and will only repeat the content of the textbook. The Dance Choreography profession itself is a profession that requires creativity. The single teaching form and concept are not conducive to the cultivation of students' creativity.

1.2 Improper positioning of teachers' roles

Unlike the traditional culture classroom, the Dance Choreography class should not be dominated by teachers explaining

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theoretical knowledge. Teachers should play a guiding role, create a good environment, encourage students to exert their subjective initiative, and create more artistic expressions. However, in the current Dance Choreography class in colleges and universities, teachers still dominate the classroom, which has many negative influences on students thinking, which affects the improvement of students' innovative ability.

2. The importance of creativity in Dance Choreography

With the continuous advancement of quality education in China, compound talents have become the most competitive talents at the moment. Creativity is an indispensable characteristic of compound talents. The Dance Choreography major is highly professional which demands great creativity. Therefore, the Dance Choreography teaching in colleges and universities has humbling responsibilities in improving the creativity of students. The innovative element of dance is the soul of the choreographer. Incorporating innovation into choreography can increase the vitality and appeal of dance and provide the audience a feast for the senses. Therefore, in choreography teaching, the cultivation of creativity is particularly important. Improving students' creativity is conducive to inspiring students' enthusiasm for artistic creation, and students can create more works that meet the needs of social art; at the same time, it is also conducive to raising the level of dance performances and providing spiritual nourishment for art appreciators.

3. Ways to cultivate students' creativity in Dance Choreography teaching

3.1 Promote teaching reform, optimize teaching model and improve teaching quality

With the continuous deepening of teaching work, Dance Choreography teaching is facing huge challenges. The traditional teaching model can no longer meet the diverse needs of students, so the reform of mentoring system needs to be carried out from the following aspects: first, optimize the teaching model based on the interest of students to stimulate the enthusiasm of students to learn. Diversified teaching forms, rich teaching content, and novel teaching methods can help ensure the teaching result. Teaching is not only a process for teachers to preach and answer questions, but also a process for students to actively participate and improve their practical ability. The Dance Choreography course should include practical opportunities, such as Dance Choreography competitions, impromptu dancing, etc. The combination of theory and practice in teaching can not only improve the professional level of students but also realize the practical learning to help students Accumulate experience and pave the way for their future career. Secondly, teachers should innovative their teaching methods. Although the in-class lecture is the most commonly used teaching method, it is not the most effective nor shortcut way. In Dance Choreography teaching, case teaching can be added. For example, teachers can guide students to observe large-scale dance performances to stimulate students' inspiration and exercise their creative thinking. Teachers can also divide class students into small groups to ask them to discuss a classic dance piece, imitate or adapt it to deepen their understanding of the meaning of dancing. In addition, teachers can hold small competitions in class and invite excellent choreographers or dancers to participate in commenting on students' works. Students can get inspiration from these judges which will contribute to their creations. In the Dance Choreography teaching, teachers should actively try all kinds of effective teaching methods to enrich the teaching content and play an innovative role for students to inspire students' creativity from all aspects.

3. 2 Integrating effective resources and cultivating students' innovative awareness through multiple approaches

3.2.1 Looking for creativity through nature

Dance comes from life and life comes from nature, so that Dance Choreography classes should also be closely connected with nature. Nature is comprehensible with the flowers bloom and the tides rise and fall, all of which give people inspiration. The study of choreography is not limited to the classroom. Teachers should guide students to go out of the classroom to experience and observe nature. The observation process is about learning, thinking, and re-creating. The famous dancer Yang Liping once said: "I haven't learned professional choreography, but I can learn from the little ants, to see its expressions, to learn from the leaves, to feel how the leaves move with each other in the wind. It is important to observe and to create. "It can be said that the study of choreography is not limited to the classroom, but also to observe more things in the surrounding world, to be able to inspire and

create. Yang Liping's masterpiece "The Spirit of the Peacock" is well-known in the art world at home and abroad which shows the peacock's upright standing, jumping and rotating, and wings flying to the fullest. The perfect blend of soul and body brings a novel and amazing feeling to the audience. Observing life, thinking diligently, and innovating are effective ways for dance directors to improve their creativity.

3.2.2 Looking for creativity through arts

The visual experience can stimulate people to associate things. In the teaching of choreography, teachers can show students pictures, posters, and sculptures to let students feel creative thinking in order to stimulate their creative thinking. Appreciating masterpieces is an important means of creation. When looking at excellent works, students can feel a kind of visual enjoyment, and their thinking will be activated with it which helps them to create inspiration.

3.2.3 Looking for creativity through music

Dance and music complement each other. In the study of choreography, music appreciation and learning are also an indispensable aspect. Whether it is music melody or rhythm, style, or color, students need to feel each note carefully to integrate the emotion of music into dance. When teaching and training of impromptu choreography, teachers can play a piece of music related to the theme. Students need to grasp the rhythm, style, melody, and emotion of the music, and then create the dance. This process can make works of students more creative to be perfectly presented.

4. Conclusion

With the rapid development of social economy, people's pace of life is accelerating. Dance creation brings warmth and fun to our lives which eliminates stress, anxiety, and irritability in the fast-paced life. The dance art form plays an important role in people's lives and is a flavor of life, making the originally boring and tasteless life become tasteful. Dance Choreography plays a key role in artistic creation. Therefore, colleges and universities should optimize the Dance Choreography curriculum, build a high-quality teaching team, and change the teaching model to improve the quality of teaching and adopt multiple approaches to inspire Dance Choreography by integrating effective resources. Therefore, it is possible to cultivate creative thinking and abilities of students to compose more amazing works.

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