

Analysis of the Influence of Cheke Lock Step on Leg Strength in Latin Dance

Xinyao Li

College of Physical Education, Jiangxi Normal University, Nanchang 330022, China

Abstract: With the arrival of the new era, more and more Latin dance students want to improve their leg strength through hard training so as to have the ability of fast cutting movements in fast rhythm. But in the past, students' consciousness of leg strength training is not strong, take common single leg strength training and boring difficult to adhere to. Therefore, this paper uses the method of literature and investigation to explore the role of Checker lock step in improving students' leg strength. The results show that the Checker lock step can be used to train the thigh and calf, knee joint, ankle strength and cross body strength respectively. Therefore, the combination of the special basic steps of the Checker lock step and the improvement of leg strength will make the training more targeted and attract more attention of the students to the leg strength training. While improving the leg strength, the special basic steps can be trained to achieve the effect of killing two birds with one stone.

Keywords: Physical training; Leg strength function; Latin dance; Sports dance

Latin dance was added to the world competition in 1960. Latin dances are divided into five types: rumba, roba, cha-cha, bullfight and cowboy. In these five dances, leg strength is very important, which determines the ability of the dancer to quickly switch between the feet and the quality of the movement. However, the current training method is single, boring and lack of pertinence, and the training is rarely combined with special movements. The combination of leg strength training and special movements will make the training and dance more relevant and targeted, and improve the students' enthusiasm and consciousness of leg strength training to a certain extent. Students are more willing to insist on training leg strength after they can feel the change and progress of dance more directly in the practice, so as to achieve the training effect of killing two birds with one stone. At the same time, the Checker lock step can effectively practice the cross-body movements on both sides to improve the aesthetic feeling of the movements.

1. The definition of the Checker lock step in Latin dance

The Checker lock step is the most basic step in Latin dance and often appears in the arrangement of combinations. The steps are as follows: first, the left foot is opened to the ready position to force the right leg to tighten the support, and the passive leg will be tightened and recovered through the foot side by turning the main leg in stride. Second, continue to turn the straddle to the maximum extent while the main leg is forced back and the power leg is forward, like a bow and arrow, to form the maximum tension against the front and back. Third, after the front foot is rubbed on the floor to prepare for stronger leg strength, the back leg is clamped at the same time with the force, so as to feel the percussive feeling of the fast force between the legs. Pay attention to the knee of the back leg hidden in the knee socket of the front leg and the inner thigh should not leave a gap for the force. In this way, complete the whole process of Checker lock step.

2. The effect and training method of Checker lock step on all parts of Latin dance leg

2.1 The important effect and training method of the Checker lock step on the strength of the lower leg

In the dance, the improvement of leg ability can make the legs quickly switch the center of gravity and support the upper body to achieve the overall beauty of movement. Any upper body strength in Latin dance needs to be promoted by the legs, so exercising the leg muscles can increase athletic performance. Cai Jie^[1] In 2012 "stationery and science and technology" published "leg strength training on Latin dance major students' exercise ability analysis" in the conclusion: through "leg strength training" can further enhance the fast strength of the legs, strength endurance and foot stability and control. In the process of the competition to present a better visual

effect to achieve good results.

Trainer, when chuck lock training, not the trainer can be fixed behind the trainer's shoulders and hands, in order to avoid the trainer poorly coordinated and produce superfluous action, habitual thought with the aid of upper body strength and lead to lower body so as to make the leg strength training effect is abate, at the same time also can be to feet on bond sandbags better increase leg muscle strength, muscle endurance.

2.2 The important role and training method of Checker lock step on knee joint

In Latin dance, the Checker lock step is manifested as the conversion of knee joint bending and extension, which requires the knee joint to have the ability of fast conversion according to the requirements of different movements, which has certain requirements on the ability of knee joint retraction, neural control, and flexibility^[2].

In the training process of the Checker lock step, the elastic band tied to the knee in advance can produce better training effects. For example, when the feet are opened in the ready position, the knees of both legs can fully feel the tension of the elastic band and tighten the knees harder, push straight, and fight, so that the muscles can be fully mobilized to participate in the training when the legs are out.

2.3 The important role and training method of Checker lock step on ankle

Ankle ability plays an extremely important role in Latin dance, and the characteristics of ankle force can best reflect an extremely important detail of Latin dance technique. The improvement of ankle ability can lead to the improvement of leg speed, which is reflected in the better support of the movement, the ability to maintain the balance of the body, and the ability to switch quickly.

In the Checker lock step training, students need to be able to hold their legs fast after the end of the last movement to meet the movement requirements. Therefore, through repeated Checker training, the dancers can be equipped with strong ankle flexibility, stability and support ability.

2.4 Influence and training method of Cheke lock step on cross part of Latin dance

The Checker lock step happens to include right and left turn spans at the same time. When the main leg wants to drive the passive leg to withdraw, it needs to rotate through the stride. When the Checker lock step is carried out, the crotch needs to quickly switch to the left and the body has a sense of squeezing. Therefore, it is easy to avoid the disadvantage of just one side of the hip rotation in a single exercise^[3].

In the Checker lock step training, one end of the elastic band is fixed on the hand and the other end is tied to the stride. The hand is stretched forward and turned backward. As far as possible, the maximum range of the stride rotation can be felt and the maximum limit can be felt through the sense of pulling and fighting in two opposite directions. In this way, the flexibility of the span can be effectively trained to improve the range of movement.

3. Conclusion

Checker lockstep training can effectively improve the ability of calf, knee and ankle. Through the Checker lock step, the left and right rotation of the straddle can also be trained at the same time, so as to avoid the large difference in the flexibility of the two straddles affecting the integrity of the movement. Students who can correctly complete the Checker lock can improve the visual impact of dance expression and thus improve the performance of the competition. Finally, we still need to think and find out what special dance steps and training methods can be combined with leg strength training.

References:

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