подобный синтез может служить одним из немногочисленных способов музыкального воспитания современного слушателя. Стремление к контакту с аудиторией для композиторского творчества является важным, если не ключевым. Донести до широкой аудитории слушателей, до «масс» не только замысел созданного композитором произведения, но и идеи высокого эстетического значения, не исключено, что в будущем станет возможно благодаря именно синтезу камерно-инструментальной ансамблевой музыки академической традиции и русского народного инструментального искусства, то есть посредством образцов высокого музыкального искусства. Не случайно, индивидуальные истории развития камерно-инструментального ансамблевого и русского народного инструментального искусств в предыдущих столетиях были тесно связаны с воспитанием и просвещением.

1. Варламов Д. И. Народные традиции в контексте эволюции национального инструментализма в музыкальной отечественной культуре XIX – XX веков [Электронный ресурс] // URL: <http://cheloveknauka.com/narodnye-traditsii-v-kontekste-evolyutsii-natsionalnogo-instrumentalizma-v-muzykalnom-iskusstve-rossii-xix-xx-vekov> (дата обращения 11. 04. 18)
2. Варламов Д. И. Становление академической традиции в русском народно-инструментальном искусстве XIX столетия [Электронный ресурс] // URL: <http://bookitut.ru/Stnovlenie-akademicheskoy-tradiczii-v-russkom-narodno-instrumentalnom-iskusstve-XIX-stoletiya.1.html> (дата обращения 10. 04. 18)
3. Усов А. А. Сонаты для балалайки в аспекте развития репертуара русских народных инструментов. [Электронный ресурс] // URL: <http://cheloveknauka.com/sonaty-dlya-balalayki-v-aspekte-razvitiya-repertuara-russkih-narodnyh-instrumentov> (дата обращения 21. 04. 18)
4. Раабен Л. Н. «Русская камерно-инструментальная музыка»: Инструментальный ансамбль в русской музыке / Москва: Государственное музыкальное издательство, 1961. 476 стр.
5. История современной отечественной музыки: Учебник. Вып. 1. / Ред. М. Е. Тараканов // Москва: Музыка, 2005. Стр. 225.
6. Бореев Ю. В. Социалистический реализм: взгляд современника и современный взгляд / Москва: АСТ: Олимп, 2008. 478,(2) с.: илл.

Yagdarova N.S., Lozhkina T.V.
Dance as a language of body

Ukhta State Technical University
(Russia, Ukhta)

doi: 10.18411/spc-26-04-2018-10
idsp: 000001:spc-26-04-2018-10

Abstract

The article reflects the meaning of dance in the past and present. It presents various opinions on why people dance and determines how dancing has a positive impact on people's lives. It reveals the fact that the body of the dancer is the instrument through which he creates the atmosphere of the performance.

Keywords: dance, individual movements, body, expression, emotions, performance

I want to start by quoting a famous person saying “Just as letters make the words, and these words make the phrases, so individual movements form “words” and “phrases” of the dance that make up the poetry of the choreographic performance”. There is one more saying about dance. Balkar writer Boris Chipchikov came up with an idea: “On the first day of creation the word has not been born yet, just the music... and dance, and God. The dancing man was tired and blissfully uttered: “good”. And the word came to”.

I touched upon this topic, as it is relevant to me and I believe that I must understand for myself what dance is to me and whether it helps people express their feelings and express themselves in a way that they enjoy.

To start with, I think we need to define what a dance is. There are so many activities that can be regarded as dance. Primarily dance is an expression of inner thoughts, feelings,

and beauty by means of rhythmical movements. It helps people to communicate with each other through this expression. Since the ancient times people knew about the amazing power of dance and have enjoyed dancing and used it as a part of social interaction. It shows people how to understand and appreciate the human experience of the present and past. Dance of life and a life in dance are inextricably linked. Dance is not an end in itself, but a means to express emotions that excite a person whether he is happy or sad, angry or calm, relaxed or anxious. It reveals what is hidden in the depths of the subconscious mind love, hatred, sympathy, admiration and helps to get rid of a psychological discomfort. After all, dancing sometimes heals the soul better than words.

Performing dance is boring when there is no music. Music is a significant part of the performance. Different music styles offer great freedom for individual expression by means of the body language.

Besides being great fun and entertainment, dance plays an important social role in many cultures and can be an important part in religious rituals. Moreover, dance is as old as a mankind. The art of dance was originated in ancient times. Throughout history in different cultures dance was treated with great respect. The ancient Greeks, who had a rare love of dance, treated it as a special and beautiful gift of the gods. Plato believed that to dance well and to sing well were of great importance for a well educated person in Greece.

In some early societies there were hunting and war dances, often using fighting movements preparing men for a battle. Military marches are a modern form to display political and social strength. Cult and religious dances formed the part of the praying ceremony. Shaman dancers worked themselves into a trance to receive the powers of the gods or to speak to the ancestors. We can find out that the religious dance action mostly took place in the walls of churches and temples. Before that, the ritual dance had been performed right on the ground, where the sacred circles were inscribed, which symbolized the angels dancing in the heavenly spheres around the throne of God.

At the time of the Romans church tried to suppress pagan dance customs believing that it wasn't respectable to display feelings and emotions. However, attitude to dance changed at the renaissance period. Dancing was encouraged as a necessary part of education providing that it was graceful and decent.

As the societies were becoming more and more civilized, the first forms of dance lost their original significance and developed into national and folk dances. Gradually dancing became very popular among all levels of the society. More importantly that there are no people who are not proud of their national dance today.

I consider that the best forms of dance are those which allow creative self expression. In other words, dance creates a completely self-contained world for a dancer in which technically proficient, creative and beautiful movements of the human body hold the attention of the audience. Seeing and feeling the thought behind the movements becomes the power, the power of universe and it seems that you can touch it and even join it for a moment and be carried away in this world of absolute love, purity and light.

It is definitely that dancing is a great activity that helps you develop the body, remove the extra flab and make it fitter. It helps you achieve harmony, generate emotions or release them. Dancing can be in some ways regarded as a small life. I do not consider dancing to be an ordinary hobby or entertainment, because even the simplest movements are able to fill the inner world with special emotions that help me enjoy life to the fullest.

I have loved dancing since I can remember. I never get tired of it. When participating in competitions or training at daily classes I can hear rave reviews about my performance "Wow, that part was really great". I just gently smile. All these words have nothing to do with me. I am passionate about dance. It becomes clear every time I dance. I am "carried away" in the process. The learned sequence of movements is erased from my memory, and I have to improvise. Today I live dancing. It is a part of my life. So it was fascinating to me to find out

what my dance group members know about dance, what they get into dancing in the first place, and whether they consider it as a language of body.

I decided to conduct a survey aimed to develop a better understanding of why we dance, what we feel dancing and what is the significance of dance for my partners. An online questionnaire was used to study how dance is perceived in today's society.

The first question the survey respondents were asked was what is a dance to them. 64% of the respondents considered dance as emotional release and creative outlet, 36% associated it with just a combination of expressive movements. The second question that was asked was whether they prefer performing a free and improvisational dance or a dance based on the movements of the classical school. 90% reported classical dance as boring and ordinary while improvising a dancer can focus on putting emotions and character into the performance to make the audience excite. Next question was what emotions they feel when they are on stage: happiness, anger, sadness, or what. Almost half of the survey respondents (54%) perform in good spirits, 34% dance experiencing any emotions. The remaining respondents said to be in low spirits when being on stage. Thus they work off their negative emotions into a dance. It was interesting to know that the majority of the respondents (85%) don't know the history of dance. However, they would prefer to take a look into it. Then the survey respondents were asked whether they can express their feelings by means of body movements. More than half of the respondents (68%) agree that they are not always able to do it. The most important question was why they dance. Almost one half indicated that they dance for artistic expression (50%), enjoyment (20%), 18% for exercise and fitness, and 12% for social connection (Fig. 1).

Fig. – 1. Reasons for dancing

So the results of the questionnaire show that dancing has a positive effect on the social life and physical health. The majority of my dance partners prefer to have their personal style of dancing to reflect the meaning of the dance. They have a great motivation to improve their performance by creating certain emotions in a dance as it is important to have the feeling of fulfillment from it. Frequently, we perform for a big audience and our bodies can become expressive instruments in the performance which is called dance.

1. Ted Andrews The magic of dance (Your body as an instrument of power). – 1996 [Электронный ресурс]. Available at: http://dance-composition.ru/publ/rannie_formy_tanca/glavy_iz_knigi_teda_ehndrjusa_quot_magija_tanca_vashe_telo_kak_instrument_sily_quot_1996/16-1-0-199?oprd=1 (accessed 12.03.2018).
2. Мудрецы о танце. [Электронный ресурс]. Available at: <https://tequiladance.ru/o-nas/stati/mudretsy-o-tantse/> (accessed 12.03.2018).