

# *Exploring Strategies for Music Selection in Fitness Street Dance Choreography*

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**Abstract:** By narrating the development background of fitness street dance, this paper analyzes the role of music in the creation of fitness street dance, expounds the needs of music selection in the creation of fitness street dance, and aims to explore the importance and selection strategy of music in the creation of fitness street dance. At the same time, through the practical case analysis, the importance and effectiveness of music selection in the creation and editing of fitness street dance are further verified, as well as the strategy of music selection in the creation and editing, aiming to provide more innovation and reference for the future creation and performance.

## **1. Introduction**

Fitness street dance is a fitness exercise that combines street dance movements with aerobic exercises, aiming to minimize the risk of joint and muscle damage by avoiding certain movements and high-intensity skills. Coaches employ decomposition and circular teaching methods to facilitate mastery of the exercise process, ensuring a continuous workout experience while achieving the desired aerobic effect. Primarily utilized in school and gym settings, fitness street dance enhances physical coordination, flexibility, explosive power, endurance, as well as allowing for personal expression and emotional release.

Currently, the diversification of music selection represents a significant development in fitness street dance. As an art form emphasizing emotional expression, music creates aesthetic artistic concepts through rhythm and melody to convey aesthetic emotions. Thus, the inherent emotional expression within music serves as a foundation for integrating it into fitness street dance routines. The visual and perceptible nature of fitness street dance complements the abstract emotional expression found in music while satisfying individuals' diverse aesthetic needs for hip-hop workouts. With further advancements in fitness street dance's evolution comes higher demands for diversified and complex means of expression; therefore, incorporating rhythmic elements alongside emotional expressions makes music integration an optimal choice.

## **2. Role of Music in the Creation of Fitness Street Dance**

Melody and rhythm are the fundamental characteristics of music, playing a crucial role in the

creation of fitness street dance. By harnessing the power of music, creators can not only present a standardized and organized work but also infuse it with personalized style to appeal to diverse audiences, promote widespread recognition, and expand its reach. Thus, enhancing the use of music can effectively elevate the creative quality of fitness street dance and enhance its impact.

### **2.1. The Inspirational Power of Music Structure in Creative Processes**

In the process of creating fitness street dance, there are typically two directions based on specific needs: fitness-oriented and performance-oriented. Music can effectively stimulate and guide creators' ideas, promoting effective development of creative activities. Depending on demand, music repertoire should be reasonably screened to effectively combine changes and emotions in the music, allowing for relaxed movement that seamlessly integrates with fitness street dance to enhance creative influence, enrich connotation, and ultimately produce high-level works.

### **2.2. Music Genre as a Determinant of Dance Style**

To elevate the artistic quality of light fitness street dance works is an essential requirement for project development. The movements' characteristics and overall performance style are directly influenced by the music repertoire chosen. During the creative process, it is crucial to select appropriate music that aligns with the content of the repertoire, allowing both action and music to mutually influence and enhance each other, infusing soul into fitness street dance works and effectively amplifying their expression and appeal.

### **2.3. Eliciting Performance Mood through Musical Melody**

The artistic expression of fitness street dance is directly influenced by the emotions of the participants. Only by stimulating and mobilizing their performance emotions, and fully showcasing the charm of the works, can creative movements achieve an ideal artistic effect. Therefore, during the work's creation process, creators can analyze music melodies, enhance connotations through reasonable editing combinations, enrich performance levels in fitness street dance, and allow music to endow actions with soul. Participants can release their performance moods under such musical melodies to truly showcase the charm of fitness street dance.

### **2.4. Regulating Movement Presentation through the Rhythm of Music**

Rhythm plays a crucial role in the creation of dance and music<sup>[1]</sup>. By effectively controlling the musical beat, it is necessary to establish a specific rhythm speed based on creative requirements, while also incorporating sudden rhythmic disruptions as an important element in street dance. In general, the development of street dance should be standardized with emphasis on rhythm shaping. Particularly for skilled choreographers, it is essential to accurately grasp the music style, correctly interpret rhythm variations, and achieve seamless integration of movement form, style, and music.

## **3. Addressing the Growing Demand for Music Diversification in the Development of Fitness Street Dance**

In the past, there has always been a tendency in fitness street dance creation to prioritize rhythm over melody when selecting music. This rhythm-centric approach can be seen as reflecting the audience's aesthetic preference to some extent, but it often results in works that lack artistic depth and appreciation. However, with the progress of time, participants' expectations for fitness street

dance have evolved beyond mere speed and intensity of rhythm; they now seek a more comprehensive artistic experience. Therefore, incorporating diverse music melodies that seamlessly integrate with movements and harmonize with each other has become a new direction in contemporary fitness street dance creation.

### **3.1. Proper Musical Mood is Needed in Fitness Street Dance Works**

The traditional creation of fitness street dance solely focuses on fitness, neglecting artistry. Participants' expectations for fitness street dance have evolved beyond its physical benefits; they now seek a comprehensive artistic experience, hoping to resonate emotionally and appreciate its artistic charm. In the creative process, selecting appropriate music has become a new means for creators to overcome limitations. By choosing music that aligns with the intended theme of their work, creators can skillfully utilize elements such as melody, rhythm, and timbre to synchronize the movements of fitness street dance with the music. This not only enhances participants' genuine emotions but also elevates the aesthetic value and emotional resonance of their choreography combinations, ultimately achieving holistic development and advancement in creation.

### **3.2. The Creation of Works Requires the Incorporation of Distinctive Rhythm and Melody**

The range, shape, direction, and style of melody all directly impact individuals' sensory perception<sup>[2]</sup>. Therefore, selecting diverse music and creating a unique rhythm and melody serve as effective means. Additionally, by altering the tempo, intensity, and beat of the music, creators can generate a plethora of rhythmic patterns. Diverse musical choices infuse various styles and elements into works while enhancing their performance levels and connotations to make them more distinctive and individualistic. Consequently, the selection of diverse music and the creation of characteristic rhythms and melodies hold immense significance not only in artistic expression within fitness street dance but also as an indispensable part of project development.

### **3.3. The Creation of Works Requires a Profound Creative Intention**

In the past, fitness street dance works lacked profound expressive meaning, with a primary focus on coordinating movement and rhythm. This approach disregarded the intention of the work, failing to showcase the artistic beauty inherent in the selected music itself. It also lacked resonance between action and music, thus falling short of meeting current creative needs. The integration of fitness street dance ideas with musical aesthetics is now considered the direction for development. By combining works with music, creators can enhance their expressive power and artistic value by leveraging emotions and imagery conveyed through music. This fusion elevates works beyond mere presentation of action and rhythm; instead, they are further enhanced in terms of emotion, meaning, and artistry.

### **3.4. A certain level of musical proficiency is required in the composition of works**

The authenticity and depth of emotion in exceptional fitness street dance works are crucial factors that resonate with the audience. Music and dance have been inseparable since ancient times, mutually enhancing each other's development<sup>[3]</sup>. By immersing themselves in diverse styles, emotions, and expressions of musical works, creators can cultivate their own perception and expression skills for conveying musical emotions. Through the appreciation and analysis of multiple musical compositions, creators can develop a keen ability to observe subtle nuances within music, thereby elevating their artistic level when creating new works. By engaging with different

styles, structures, and forms of expression found in various musical pieces, creators can broaden their aesthetic horizons to uniquely grasp the beauty and expressive qualities inherent in their creations. Only by continuously improving their musical proficiency while understanding and respecting the diversity present within music can creators avoid blindly following trends and produce high-quality fitness street dance works.

#### **4. Music Selection Strategies in Fitness Street Dance Creation**

The emotional expression of music is achieved through the synchronized movements of the body, which adds a three-dimensional and highly contagious element to the music. In the presentation process of fitness street dance, music effectively guides participants in expressing their emotions, creating a harmonious connection between their actions and the music, resulting in a more flawless outcome. The selection of appropriate dance music largely hinges on identifying the isomorphic correlation between dance and music<sup>[4]</sup>. The development of fitness street dance requires enhancements in its artistic quality, performance value, and appreciation level; thus, incorporating diverse musical selections becomes crucial.

##### **4.1. Enhancing Artistic Aesthetics**

In the creation of works, creators should select music with diverse styles, melodies, and rhythms that encompass a wide range of emotions and musical expressions. This will elevate the artistic level of fitness street dance works, enhance the diversity of creations, and enrich the audience's aesthetic enjoyment. Simultaneously, during the creative process, creators should also consider incorporating structural characteristics such as climaxes, highlights, turning points in the music seamlessly with the rhythm and movement of fitness street dance to generate a more profound artistic impact.

##### **4.2. Matching of Rhythm and Movement**

In fitness street dance, the rhythm is derived from the selected music and serves as a vital connection between music and dance movements, both of which are interdependent. Lively and rhythmic music has the ability to stimulate participants' and audiences' perception of movement, thereby enhancing the visual impact of fitness street dance. By carefully selecting music that aligns with the rhythm of each action, strategically arranging smooth transitions and transformations between actions, improving precision and overall coordination, we can achieve a more seamless and graceful execution of movements.

##### **4.3. Expression of Emotions and Sentiments**

Music serves not only as a rhythmic element, but also as a medium to convey and express emotions. When selecting music for fitness street dance performances, it is crucial to choose pieces that can ignite participants' enthusiasm and motivation while captivating the audience's interest. By aligning the rhythm, melody, and emotional fluctuations of the music with the choreography, it effectively portrays emotional transitions and enhances the expressive power and allure of the performance. Simultaneously, profound and meaningful music has the ability to stimulate contemplation and emotional resonance among both participants and spectators, thereby elevating the artistic value of these works.

#### 4.4. Presentation of Regional Culture

Works that focus on current social issues, address societal problems, and promote positive values while harnessing the power of dance art in society. When creating, creators have the ability to integrate the thematic and stylistic elements of street fitness dance works, carefully select music that embodies regional characteristics, place emphasis on cultural elements, and showcase local cultural heritage. By blending musical components from diverse cultures together, a distinctive fusion effect is achieved, thereby enhancing the cultural significance and artistic allure of the works.

#### 5. Conclusions

The creation of fitness street dance, derived from aerobics, presents a distinctive artistic allure by seamlessly integrating elements of both aerobics and dance, while simultaneously considering the aspects of physical fitness and aesthetic appreciation. Consequently, an array of musical choices is essential in crafting fitness street dance compositions. By taking into account artistic aesthetics, harmonizing rhythm with action, expressing emotions effectively, as well as showcasing regional cultural influences, creators are able to select suitable music that enhances both artistic merit and visual appeal in their work. Future research should delve deeper into exploring influential factors pertaining to music in fitness street dance creation and propose more scientific and systematic strategies for music selection to foster innovation and development within this domain.

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