

The Significance and Role of Life-like Movements in Dance Choreography

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Abstract: In the process of dance creation, life-like movements are regarded as one of the key elements, bringing higher aesthetic and practical value. Therefore, in the process of dance choreography, it is essential to fully grasp the characteristics of life-like movements and organically combine them with the theme to achieve the purpose of dance creation. Incorporating life-like movements into dance can not only construct real scenes and situations but also convey emotions, deep meanings, and highlight the unique personality and style of dancers, thereby increasing the credibility and appeal of dance works. Thus, life-like movements should be actively incorporated into dance creation. This article will explore in depth the importance and influence of life-like movements in dance creation.

Dance, as an art form that can convey emotions and meanings, has been undergoing constant changes and innovations. Dance works have also been enriching their forms of expression with the development of the times. In dance creation, life-like movements that are closely linked to daily life play an indispensable role. These dance movements have a distinct sense of the times and life, and are a reproduction of real life. At the same time, they reflect the creator's thinking on social reality issues and predictions on future development trends. They use various movements in daily life to construct real scenes and situations, convey emotions and meanings, and highlight the dancer's personality and style

1. Daily Life Actions

1.1 Types of Actions Related to Daily Life

Firstly, there are the actions in our daily life. These actions help us better adapt to the living environment, maintain a healthy state, and improve work efficiency. This type of action is an indispensable basic behavior in our daily life. Brushing teeth is an action to clean teeth and maintain oral hygiene. For example, eating is a key behavior to meet the needs of the body. People get the nutrients and energy they need by taking food; sleeping is a rest activity for people to restore physical strength and maintain physical health; washing the face is a simple exercise to remove facial dirt and dust on the surface of the skin. The purpose of wearing clothes is to maintain physical health, adjust body temperature, and show a unique personality; in daily life habits, there are many daily actions that help us improve work efficiency. Bathing and brushing teeth are key steps to maintain personal cleanliness, which ensures the hygiene of the body and mouth. These

behaviors in daily life are not only key ways to meet basic life needs but also an important part of forming healthy habits.

Secondly, there is social interaction behavior. This behavior is manifested in the means of communication and interaction between people. For example, greeting is a way of expressing friendliness and caring, which can be verbal or non-verbal; hand methods can be divided into direct and indirect. Shaking hands is a common social etiquette used to show mutual respect and friendliness. Hugging and smiling are important means for people to express love and friendship, playing a crucial role in interpersonal communication. Hugging not only expresses intimacy and affection but also conveys warmth and emotion; shaking hands is an important etiquette indicating mutual trust and cooperation. Smiling, as a non-verbal facial expression, reflects happiness, friendliness, or politeness. Eye contact conveys emotions, intentions, or communication. In interpersonal communication, people usually use various facial movements to convey information. This kind of social interaction behavior helps build relationships between people and promotes mutual understanding and trust.

Finally, it is about work responsibilities and behaviors. This behavior describes the work people are doing, performing specific tasks, and assuming corresponding responsibilities in the environment. For example, writing and typing are key ways of recording and communicating texts. They record information, convey ideas, and communicate; transporting objects or materials is a common activity in people's daily lives, including handling, loading, and unloading. In the fields of industry, production, and technology, operating machines is a common operation used to control and operate various equipment and tools; in daily life and learning activities, people often need to perform certain behaviors or actions on specific objects to meet their needs or purposes, giving rise to corresponding duty actions. In the logistics, warehousing, and transportation industries, object handling is a common operation, mainly used for the handling and processing of objects and goods. These work duty actions are key to achieving work goals and ensuring the smooth progress of work and the achievement of goals.

1.2 Characteristics of Life Actions

Expressive Nature

The actions in daily life show distinct expressiveness. Through the form, posture, and intensity of these actions, people can better show their identity, emotions, and attitudes. In real life, we often use various facial expressions to express our inner emotions, such as joy, sadness, and fear. For example, a smile can convey friendly and happy emotions, while an angry gesture may show dissatisfaction and resentment. Actions play a vital role in interpersonal communication. As a non-verbal means of communication, actions can enhance, complement, or replace verbal expressions, making communication more in-depth and precise.

Representativeness

Behaviors in daily life have unique symbolic meanings, reflecting people's social background, cultural traditions, and identity. Therefore, they are also called social lifestyles or daily life norms. In different social and cultural contexts, people may show unique daily behaviors and habits. For example, in cross-cultural communication between different countries or regions, differences in understanding lifestyles due to cultural differences can lead to behavioral inconsistencies. In various cultural backgrounds, people may have different ways and etiquette of greeting, hugging, or bowing, which reflect the etiquette and respect in their respective cultures.

Sociological Perspective

The actions in daily life have their own unique representativeness, revealing people's behavioral habits in specific environments. From a sociological perspective, movement is a unique human

behavior, closely related to human psychology and emotions. In certain cultural and social contexts, people's expectations and anticipations shape specific behavioral standards and social habits. Through the analysis of physical education teaching, it is evident that such norms and customs are based on life experiences and are constantly evolving with societal development. These recommended behaviors gain widespread recognition and praise in society.

The Relationship Between Life-oriented Movements and Dance Creation

There is a close correlation between various movements in daily life and dance creation. Daily movements are not only the foundation of dance creation but also significantly enhance the quality of dance. Dance choreography can transform various daily movements into artistic expressions. Through the artistic creation and performance of dance, people can use aesthetic methods to depict various life movements, convey emotions, impart information, and create unique artistic experiences. Therefore, in the process of dance choreography, it is crucial to emphasize life movements to effectively serve dance works, promote their organic combination, and improve the artistic quality of dancers. Below, we will explore the close relationship between daily movements and dance creation.

Firstly, various daily movements provide a rich source of inspiration for dance creation. Choreographers and dancers can observe and experience these movements, drawing inspiration and transforming it into dance material. In daily life, movements like walking, running, gestures, and facial expressions provide endless creative space. In dance creation, these movements are important for conveying emotions and thoughts. This art form is presented through body movements, revealing unique emotions and thoughts, and achieving high artistic expression. Choreographers can observe and experience daily movements and rhythms, exploring their inherent aesthetic value, and integrating these elements into dance creation.

Subsequently, choreographers transform daily movements into dance expressions, conveying deep intentions and emotions through various movements, postures, and rhythms. The language of dance is a core component of dance works. In its creation, it is essential to study the dance language in-depth, master its uniqueness and inherent laws, and ensure it aligns closely with the core content of the dance. Choreographers select specific movement characteristics from life, refining and integrating them to create unique dance expressions. Dance language is critical in all aspects of performance, allowing choreographers to accurately convey their artistic concepts and emotional experiences, fostering audience understanding and resonance.

Furthermore, daily movements are core tools for expressing emotions, and dance choreography can effectively convey these emotions. In creating dance, simple daily movements should be combined with complex musical elements. Dance conveys deep emotions through the strength, speed, posture, and layout of movements. The emotional depth of life movements enables the audience to have a profound emotional resonance when appreciating dance. Choreographers trigger the audience's emotional response through various daily behaviors like happiness, sadness, anger, and joy. Dance creation transforms emotional experiences into artistic expressions, inspiring the audience's emotional resonance and feelings through dance.

Finally, daily movements provide rich plot clues for dance creation and drive plot development. Simple, repetitive, or monotonous daily movements can combine to produce meaningful storylines. Choreographers connect these movements to create dance works rich in storytelling and emotional tension. Dance creation centers on movement, exploring the story's meaning and character's fate. Life action stories are depicted through choreography, movements, and expressions. Vivid and figurative methods depict characters' psychological dynamics and their effects. Dance structure and creativity showcase story development through movement arrangement and changes.

In dance performances, dancers show character connections, emotional transformations, and story development through various daily movements like body postures and facial expressions.

These are special and vital artistic techniques in dance creation. Daily movements and changes in dance choreography create colorful narrative techniques, allowing the audience to immerse themselves and deeply experience the plot and emotional depth of the story.

2. Various Factors to Consider in the Dance Creation Process

2.1 Performance by Dancers

The performance of dancers is regarded as one of the core elements in dance creation. Dancers need to have not only excellent skills and performance talents, but also be able to accurately convey the choreographer's innovative ideas and purposes. They have the ability to express the emotions and deep meanings conveyed by the dance through various body movements, postures, and facial expressions. In order to show the accuracy and fluency of dance movements, dancers must have excellent body control skills. They also need to skillfully apply various dance techniques, including technical jumps, rotations, balance, and various unique dance movements. The performance talent of dancers is not only related to the communication of emotions but also closely linked to the presentation of the plot. They have the responsibility to understand and deeply experience the dance theme and emotional needs set by the choreographer, so that they can accurately convey the emotional state that the dance work wants to convey through body language and facial expressions, such as joy, sadness, indignation, romance, etc. Dancers must not only have excellent performance talents but also be able to establish a deep emotional connection with the audience and inspire their collective feelings. In the process of dance choreography, in addition to the individual performance of dancers, cooperation and collaboration between dancers are also considered key elements. Choreographers are usually responsible for designing group dances or collaborative dances. Dancers need to work closely together to maintain a unified rhythm and accuracy of movements. They need to cooperate and coordinate with each other to present harmonious and unified dance works. In group dance activities, dancers need to have more stringent group movements and choreography standards, and they must show excellent teamwork ability and collective dance consciousness. The performance level and skills of dancers play a decisive role in the wonderful presentation of dance works. They are the true representatives and disseminators of dancers' creativity. Through superb skills, emotional expression, and collaborative cooperation, they can transform the choreographer's creative spirit and intention into works of art that the audience can perceive and experience. Therefore, the training, skills, and artistic accomplishment of dancers are all indispensable elements in dance choreography.

2.2 About Dance Movements

In dance creation, it is necessary to design or select dance movements that match the theme. Dance is to express the theme through body language and express it vividly. The movements in dance not only cover basic body movements, such as footsteps, rotations, and jumps, but also include specific dance movements, such as gestures, body postures, and abstract movements. These are one of the most important parts of dance art. They can reflect the ideological connotation and emotional tendency expressed by the choreographer for the dance work, and also provide the necessary conditions for the dancer to shape the character image. The choreographer has the ability to create according to the theme and emotion of the dance. They constitute an organic unity and jointly shape the language expression and unique style of the dance.

2.3 About the Music Part of Dance

In the process of dance creation, music plays an indispensable role. In the whole process of dance choreography, it is necessary to pay attention to the selection of music and choreography in combination with the environment and actual situation. In dance creation, it is crucial to choose music that matches the theme and emotion, or to create unique music works with music creators. Different music has its own unique artistic charm, and the styles expressed through them are also different. Therefore, in order to enable dancers to better interpret dance works, they must use these music works reasonably to perform. The beat, melody, and emotional elements in the music can be closely combined with the dance movements to form the deep intentions and emotions that the choreographer wants to convey. The rhythm, emotional fluctuations of a dance work, and the audience's perceptual experience are all affected by the choice of music and how the choreographer uses the music.

2.4 About the Design Plan of the Stage

When creating a dance, stage design is also an important consideration, which includes the stage setting, lighting effects, costume selection, and props selection. The stage is a comprehensive system that not only meets the various functional requirements of dance performances but also reflects the characteristics and style of the dance itself. The design of the stage provides a unique environment and atmosphere for dance creation, ensuring that its visual effects are perfectly matched with the theme of the dance. Stage performance is one of the main forms of dance creation and occupies an important position in dance creation. The rational use of stage design can effectively enhance the appeal and expressiveness of dance works. The mutual integration and coordination of stage design and dance movements can jointly shape the overall image of the dance work and create a unique artistic atmosphere.

2.5 About the Core Theme of Dance

The first element of dance choreography is to choose a clear dance theme or concept. The dance theme can be abstract emotions, social issues, natural landscapes, etc., or it can be a specific story, historical event, literary work, etc. The choice of dance theme has important guiding significance for subsequent choreography work, which determines the overall style, emotional expression, and storytelling of the dance.

3. The Importance of Life-like Movements in Dance Creation

3.1 Aesthetic Value

Firstly, through life-like movements, dance works can be closer to the daily life of the audience, making it easier for them to understand and accept the meaning and emotions conveyed by the dance. The movements in life are the most familiar to the audience in daily life, so using these elements to create dance works can make it easier for the audience to resonate and connect emotionally when watching. Through the daily movements in the dance, the audience can reflect and feel their own experiences and emotions in life while appreciating the dance, thereby further enhancing the aesthetic experience of watching. Furthermore, daily movements bring a real feeling to dance creation[1]. Living in harmony with nature can enhance the emotional resonance and communication between the audience. Dance, as a way of art, relies on the performance and movements of dancers to convey its emotions and deep meaning. As an integral part of daily life,

life-like movements are not only realistic and natural but also make dance performances more real, close to reality, and vivid. By watching the dancers' daily movements, the audience can deeply feel the emotions and feelings conveyed by the dance, establish a deep emotional connection with the dancers, and thus enhance the aesthetic value of the viewing experience. Ultimately, in the process of dance creation, life-like movements can effectively guide the audience to experience the feeling of beauty and aesthetic pleasure. The life-like movements in dance works are closer to people's daily lives due to their natural and real characteristics and also present the beauty and artistic value of life. Through the dancers' excellent performances and smooth movements, the audience can experience the beauty, harmony, and coordination brought by the movements closely connected with daily life, and then deeply feel the aesthetic pleasure and beauty experience that the dance works can bring to them.

3.2 Realistic Value

In the process of dance creation, life-like movements also have practical significance that cannot be ignored. They not only have practical application potential in daily life but also bring positive effects to the entire society. First of all, it should be clear that life-like movements have practical value in the process of dance creation, which enables them to truly show and convey the actual situation of society, as well as specific information and meanings. Various behaviors and movements in daily life often constitute the basis of life-like movements, so these movements have a direct connection with all aspects of social life. By incorporating movements from daily life into dance choreography, we can show various different scenes and situations in society and convey the real experiences and emotions of individuals and groups. Such practical expression methods can touch the heartstrings of the audience and prompt them to think and reflect more deeply on various social phenomena and problems. Dance creation can deeply explore and present social issues such as gender equality, relationships between people, cultural identity, etc., through movements closely related to daily life, thereby inspiring the audience to care about and reflect on social phenomena[2]. Furthermore, movements in daily life can also evoke emotional resonance and emotional experience in the audience. Dance creation has the ability to stimulate emotional resonance and touch their deep emotional experience through vivid movements and wonderful performances. When the audience witnesses dancers convey their emotions and feelings through movements in daily life, they are often deeply moved and have strong emotional resonance. Such emotional resonance and experience help the audience to have a deeper insight and care about the emotional experience in daily life, thereby strengthening their care and sympathy for others and society. Therefore, in the process of dance creation, life-like movements have the practical significance of stimulating emotional resonance and emotional experience. Finally, adopting movements from everyday life also contributes to physical health, having the ability to exercise body awareness. Dance is seen as a physical activity, and dancers can enhance their physical agility, harmony, and strength through movements and performances that are closely integrated with daily life, thereby improving their physical fitness and skill level. In addition, dance creation also focuses on the cultivation of body awareness, especially the management of body posture, movement, and breathing. Through the practice and application of daily movements, dancers can perceive their bodies more deeply, enhance their control over their bodies, and promote physical health and balance. This cultivation of body awareness is not only beneficial to the dancers themselves but also can be conveyed to the audience, further stimulating their interest and attention in physical health and the art of dance.

4. The Role of Life-like Movements in Dance Choreography

4.1 Constructing Real Scenes and Situations

In dance creation, constructing real scenes and situations is one of the key methods to incorporate daily movements. Dance, as a way of expressing art, conveys emotions and deep meanings through various movements and performances of dancers, and resonates with the audience. As an important part of dance, life-like movements can create scenes and situations that are closely connected with the audience's daily life, so that the audience can experience the emotions and deep meanings conveyed by the dance works more deeply. Choreographers have the ability to guide the audience into scenes and situations they are familiar with through various movements in daily life. For example, by imitating various dining movements during family dinners, we can create a family environment full of warmth and joy; by imitating the way people walk and interact in various streets and alleys, dancers have the ability to show the hustle and bustle of the city and the mutual communication between people. These movements that are closely connected with daily life inject more realism into dance works[3]. When appreciating them, the audience can find elements that are closely related to their daily lives and integrate more deeply into the scenes of the dance. By constructing real scenes and situations, it is not only easier for the audience to understand and resonate, but also enhances the viewing value of dance works. When the audience witnesses the dancers showing their talents through daily movements on the stage, when they are in a familiar environment and scene, they will deeply feel that dance is closely related to their daily life, which makes them more immersed in the charm of dance. This immersive feeling can increase the emotional participation of the audience, making them more likely to be moved by the dance, resonate and resonate emotionally. In addition, by constructing real scenes and situations, the trustworthiness and expressiveness of dance works can be further improved. The movements and behaviors in daily life are the direct source of life-like movements, which makes the audience more inclined to trust and appreciate the emotions and deep meanings conveyed by dance works. By accurately performing movements that are closely related to daily life, dancers can not only allow the audience to deeply experience the reality and nature of dance works but also allow them to understand and feel the expression of dance more comprehensively[4].

4.2 Conveying Emotions and Core Meanings

In the process of dance creation, expressing emotions and conveying meanings are one of the core applications of daily movements. Dance, as a form of artistic expression, has a core purpose of conveying emotions and conveying profound meanings through the various movements and performances of dancers. Considering various behaviors in daily life as a means of expression can more clearly show the dancers' inner emotions and the deep meanings they want to convey. Through lifelike dance movements and their vivid presentation methods, the audience can more easily feel and understand the charm of dance. Walk out of the emotions expressed in the work. When dancers use various movements in their daily lives, such as sadness, happiness, anger, or love, the audience can intuitively feel the depth of emotions conveyed by the dancers by observing and experiencing these movements. Because lifelike dance movements have a high degree of authenticity and credibility, it makes it easier for the audience to resonate with the dancers and feel the emotional atmosphere created by the dance works together. At the same time, various movements in daily life have become an important means to convey the deep meaning and central ideas of dance works. Each work in dance has its unique meaning and central ideas hidden deep in it, and dancers can convey these profound meanings and central ideas more clearly through various movements in daily life. For example, dance creation can convey the core themes of friendship, unity, and support by

simulating the close hugs and clasping gestures between people; dance creation can convey the themes of loneliness, loss, and division by simulating the movements of people's parting and separation. Integrating dance movements into daily life can convey the deep meaning and core themes that the dance works want to convey to the audience in an image and intuitive way so that they can more deeply understand and experience the artistic value displayed by the dance works. Dancers use various movements in daily life to convey their emotions and deep meanings, thereby establishing a deep emotional connection with the audience. In the process of appreciating dance, the audience is often attracted by the deep affection conveyed by the dancers and has a deep emotional resonance with them.

4.3 Emphasizing the Unique Personality and Artistic Style of the Dancers

In dance creation, emphasizing the uniqueness and style of the dancers is one of the three core application methods of life-like movements. Each dancer has his or her unique physical characteristics, artistic techniques, and expression methods, and life-like movements closely connected with daily life can help dancers better show their unique personality and artistic characteristics. Dancers can show their unique body language in dance performances by using movements closely related to daily life. Dancers can use movements in daily life to show their physical characteristics and daily habits, such as body posture, walking style, gestures, etc., which makes their dance works more attractive. Dancers' body language and expression are a direct reflection of their personality. By skillfully using life-like movements, dancers can more accurately express their inner world and emotional state. In addition, the use of movements related to daily life also helps to highlight the dancer's unique artistic style. Each dancer has their own unique dance characteristics and artistic goals, and life-like movements as part of dance creation provide dancers with an opportunity to show their artistic characteristics[5]. Dancers have the ability to show their unique dance style through a variety of movements closely related to daily life, such as smooth dance lines, the release of power, and elegant body postures. This unique personality and artistic expression make dancers more vivid and eye-catching on stage, further enhancing the unique charm and appeal of dance works. Using movements in daily life can not only show the dancer's unique personality and style but also provide the audience with a richer viewing experience. When the audience appreciates dance, they are often deeply attracted by the unique personality and artistic style presented by the dancers.

5. Conclusion

Taking all factors into consideration, life-like movements play a vital role and value in the process of dance creation. They integrate life materials into dance art and represent a form of expression that demands high quality from the choreographer. By constructing real scenes and situations, combined with daily movements, the audience can deeply experience the emotions and profound meanings contained in the dance works. Therefore, we should recognize the importance of life materials in dance creation and apply them to dance teaching. Moreover, the application of movements in daily life can directly convey emotions and deep meanings to the audience, stimulating empathy and emotional resonance. By incorporating life-like dance movements, the audience can experience a relaxed and pleasant mood, which promotes physical and mental relaxation, thereby inspiring greater enthusiasm and motivation to engage with the performance. Additionally, daily dance movements help highlight the unique personality and artistic characteristics of dancers, enhancing the unique charm and appeal of dance works. Dance choreographers use life-like movements to enhance the appeal of their works and elevate artistic expression. Thus, in the process of dance creation, movements closely related to daily life not only

possess aesthetic value but also can have a positive impact in real life.

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