

# *Research on Body Language in Bel Canto Singing Performance*

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**Keywords:** Bel canto singing performance; Body language; Vocal limbs

**Abstract:** Bel canto singing performance has strong artistic qualities, among which body language is an important component of singing. Performers using appropriate body language can make the performance more infectious and attractive, and better interpret the connotation of the song. Therefore, in bel canto singing performances, although body language is an auxiliary means, the use of body language by performers also requires certain norms and skills. Therefore, this article mainly discusses the role of body language in bel canto singing performances, and then proposes strategies and precautions for the use of body language in bel canto singing performances, hoping to provide reference and help.

## 1. Introduction

Body language is one of the important ways of expression in bel canto singing performance, which has a significant impact on the quality and artistic value of song performance. Therefore, performers need to correctly grasp the skills of using body language during singing to enhance the stage performance effect. However, in reality, many performers do not use body language well in bel canto singing performances and may overlook it, which has a negative impact on the performance effect. Therefore, in order to better improve the singing and stage performance effects, it is necessary to conduct relevant research.

## 2. The role of body language in bel canto singing performance

### 2.1. Make emotional expression more specific

Bel canto singing performance places great emphasis on emotional expression, and emotions themselves have a certain degree of abstraction. Simply expressing through sound is difficult to bring strong emotional experiences to the audience. However, if combined with body language, the emotional expression in song performance can be made more concrete. For example, in order to express strong sadness emotions, performers can use some of the actions in Table 1 to express them. By combining these actions with the sound, the audience can better immerse themselves in the context of the song and promote more specific emotional expression[1].

Table 1: Common Actions for Expressing Strong Sad Emotions

Action description	Specific emotions
Make a fist	Expressing unbearable emotions
Body micro curvature	Expressing pain

## 2.2. Facilitating performers to immerse themselves in the emotions of the song

To ensure the quality of performance, bel canto performers should deeply immerse themselves in the emotions of the song. Therefore, in order to achieve this goal, performers will adopt many methods, and body language is one of the more representative ones. Generally speaking, the emotional expression of a song varies, and body language is also highly effective. That is, if the emotional expression of a song reaches a climax, the performer can make some larger body movements, and vice versa. Through this method, the performer can better immerse themselves in the emotions of the song [2-3]. Table 2 shows common body language that can help infuse emotions into songs.

Table 2: Shows common body language that can help infuse emotions into songs

Action description	Role
Corresponding facial expressions	Perceive emotions through facial expressions
Actions that match the character's story in the song	Immerse yourself in the story background and experience the character's emotions

## 2.3. Can help performers better control the rhythm of songs

Bel canto is a type of music with a strong sense of rhythm, composed of multiple phrases. Therefore, when singing, the singer must accurately grasp the rhythm of the song. But in many cases, singers may focus too much on vocal techniques and easily overlook the rhythm of the song, resulting in inaccurate grasp of the song rhythm during the singing process [4-5]. To address this issue, if singers can integrate body language into their songs, they can perceive the rhythm through the frequency of their movements, thereby improving their attention and better controlling the rhythm.

## 3. Strategies for using body language

### 3.1. Understanding the connotation of the song

Before performing bel canto, performers need to have a thorough understanding of the meaning of the song and use body language to interpret it, in order to resonate with the audience. For example, when singing the song "I Love You China", the performer first needs to have a basic understanding of the song, that is, the song mainly expresses the love for the motherland, and the lyrics include "motherland! Dear mother" and other content. At the same time, in order to better express the emotions expressed in this song, performers also need to pay attention to the expression of facial expressions during the singing process, and use appropriate body language to assist, similar to how performers need to use smiles to express their love for their motherland, and use their hands to express their deep love for their motherland.

### 3.2. Accurately grasp the emotions of the work

In bel canto singing performances, performers need to accurately grasp the emotions of the work

and express them through body language in order to better convey the meaning of the work. Usually, when singing a song, the performer's expressions and movements are relatively natural, but in order to truly grasp the emotions of the song, one also needs to master certain body language skills. When performing, performers can use appropriate body language to express the emotions contained in the song. Performers should use body language appropriately according to the content and emotional needs of the song[6].

For example, when singing "My Sun", the singer can use eye contact and body language to express the content and emotions of the song: during singing, the singer can gently place their fingers on their chest to express their inner feelings; Or hold your chin with your hand to express your inner reverence for the sun; You can also use your fingers to point to the sky to express your admiration for the sun in your heart. In short, in order to better express the emotions of a song, performers need to use body language to interpret the content and emotions of the song, only in this way can the audience have a deeper understanding of the song[7].

### **3.3. Using body language to enhance musical performance**

In bel canto singing performance, body language is also an important form of expression, which can deepen the performer's understanding and grasp of the connotation of the song, and better interpret the work. For example, when singing the song 'My Dear Motherland', performers can express their love for their country through body posture, facial expressions, and gestures. Similarly, when singing 'My Dear Motherland', performers can express their love for their country through body posture. Therefore, in bel canto singing performances, performers must fully grasp the style characteristics and emotional tone of the song in order to better interpret the content of the work. They must also use body language appropriately in combination with the rhythm, speed, intensity, and emotional changes of the song to better interpret the work.

### **3.4. Proper use of facial expressions**

Facial expressions are also a very important type of body language in bel canto singing performances, as they have the function of conveying emotions and can express the emotions contained in songs. There are mainly two types of facial expressions in performances, one is frowning. The former can make performers more enthusiastic and friendly, while the latter can give people a feeling of frustration. So in bel canto performances, performers should use facial expressions reasonably according to the content of the song, and express the emotions of the song through changes in facial expressions [8-9]. For example, when singing the song "In the Place where Peach Blossoms Bloom", performers can smile and sing the song, which will make the audience feel that the singer is very happy. When singing 'The Flame of Revenge Burns in the Heart', performers can frown and sing because the song is quite sad. Performers can express their deep love for their country by frowning. It can be seen that using facial expressions in bel canto singing performances can make the performance more infectious.

### **3.5. Make full use of body movements**

The body movements of performers in bel canto singing performances are purposeful, with the main purpose being to express the thoughts and emotions in the work. Therefore, when performing, performers need to choose appropriate body movements based on the content and emotions of the work, combined with their own physical conditions and musical elements. At the same time, it is also necessary to pay attention to the coordination of body movements with the emotions of the song, so that body movements can better express the emotions in the work. In addition, performers should also

pay attention to combining their body movements with facial expressions during the performance, which can make the entire performance more artistic. For example, when singing "In That Distant Place", performers can combine body movements with facial expressions. During the performance, they not only need to showcase the fusion of their voice and music, but also show the environment and state of the characters in the song, which resonates with the audience.

### **3.6. Reasonable use of eye contact**

Eyes are the windows to the soul, and performers in bel canto performances should use their gaze to fully express the meaning of the song. Therefore, in bel canto performances, performers should not only focus on the expression of their voice, but also on the expression of their eyes to create a stage effect. For example, when singing the song "I Love You China", performers can express the emotions and connotations of the song through their eyes, allowing the audience to better understand the emotions expressed in the song. It is worth mentioning that performers should pay attention to changes in their eyes, achieving a mix of sadness and joy, anger and joy. When there are sad passages in the song, performers should make the audience feel the protagonist's sad emotions in the song; When there are cheerful passages in a song, performers should make the audience feel the joy in the protagonist's heart.

## **4. Precautions**

### **4.1. Avoid deliberate expression of actions**

Due to the prominent role of body language in bel canto performances, performers attach great importance to it, which also allows many performers to perform body movements, such as making certain poses, to express their character image. In fact, bel canto singing performance is not a physical art form, and it does not have high requirements for the relevant movements of body language. Instead, it advocates maintaining the naturalness of movements, which can ensure that vocal music is in the main position during the performance and also benefit the naturalness of the performance. Therefore, deliberate movements not only distract the audience, but also make the performance stiff. Therefore, performers should pay attention to letting the relevant movements go naturally during the performance[10].

### **4.2. Pay attention to changes in movements**

In bel canto singing performances, body language should change with the emotional changes of the song, but many performers often maintain the same movements in their use of body language. For example, when the song enters its climax, the performer raises their arms to express the heightened emotions. However, as the song progresses, the emotions also become increasingly heightened, and the performer's arms no longer move. Therefore, from the perspective of the audience, they may feel emotional separation in the performance. From this, it can be seen that the body movements in bel canto singing performances do not feature a specific posture, but should be a complete and emotionally changing process that fits the song. Performers should pay attention to this.

## **5. Conclusion**

In summary, body language is an important component of bel canto singing performance. Only by fully understanding the emotions and style of the song can performers better showcase its charm and convey its emotions. Therefore, performers should pay attention to the reasonable use of body

language during singing performances. According to the emotional expression needs of the song, they should use body language to design and plan their body movements, making the performance smoother and more natural.

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