

Interdisciplinary Integration and Innovative Path of Modern Dance Performance and Choreography

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Abstract: In today's era of multicultural collision and integration, dance art, as a highly expressive cultural form, is undergoing unprecedented changes and development. Modern dance uses the body as a carrier to deconstruct traditional paradigms, exploring the essence of human nature through improvisation and abstract body language. Its avant-garde nature often intersects with contemporary art, forming innovative forms such as installation dance and multimedia dance; Pop dance is deeply integrated with the music industry and social media, from street dance, Korean dance to short video challenge dance, constructing a cultural dissemination matrix with strong memory point action symbols and public participation. Modern dance and popular dance, as two highly influential genres in the field of dance, each occupy a unique position. The former adheres to artistic depth on the theater stage, while the latter expands its dissemination boundaries in the public domain. The two promote dance culture to break down barriers through differentiated paths, and radiate new vitality in the dialogue between tradition and modernity, elites and the public, which has had a profound impact on the development of dance culture.

1. Introduction

Modern dance originated in the West at the beginning of the 20th century, starting from opposing the traditional constraints of classical ballet, emphasizing that dance should be close to real life, pursuing free expression of the body and mind, advocating that "dance is a response of the body to the mind", encouraging dancers to break free from established dance patterns and express their inner emotions and understanding of the world through unique body language. After more than a hundred years of development, modern dance has formed numerous schools with different styles. For example, the expressionist school emphasizes the direct expression of emotions, represented by Isadora Duncan's "Dance of Freedom". She abandoned the traditional ballet toe shoes and corsets, and performed barefoot dance in pursuit of natural and pure body expression; The New Avant garde emphasizes self-expression and innovation in dance forms, and Moss Cunningham's works often break the rules of traditional dance and explore the infinite possibilities of dance movements. Modern dance, with its profound ideological connotations, unique forms of expression, and relentless pursuit of innovation, has occupied an important place in the art hall and become an important carrier for exploring the forefront of art and expressing contemporary social trends in the

field of professional dance.^[1]

Pop dance has emerged in popular culture with its broad mass base and strong dissemination power. It covers various styles such as street dance, Latin dance, jazz dance, etc. These dance forms usually have a strong sense of rhythm, fashionable action elements, and high entertainment value, which can quickly attract the audience's attention and resonate. Taking street dance as an example, it originated from the streets of the United States and was originally a dance form performed by young people on the streets and alleys, with distinct personality and free expression. With the passage of time, street dance has gradually taken to the stage and become one of the popular dance styles worldwide. Various street dance competitions and performances continue to emerge, such as programs like "This! Is Street Dance", which not only sparked a street dance craze in China, but also expanded its influence to a global scale, attracting a large number of young people to participate. The rise of popular dance is in line with the fast-paced lifestyle and diverse cultural needs of modern society. It is not only a form of entertainment, but also an important way for young people to express themselves and showcase their personalities. It has a wide range of applications in commercial performances, variety shows, social activities, and other fields.

With the development of society and the increasing diversity of people's aesthetic concepts, the trend of integration between modern dance and popular dance is gradually emerging. From a socio-cultural perspective, the acceleration of globalization has made communication and integration between different cultures more frequent, and people's acceptance of multiculturalism continues to increase, yearning to experience the collision and integration of different styles in dance art. At the same time, the flourishing development of popular culture has provided a broad soil for the integration of modern dance and popular dance. Audiences are no longer satisfied with a single dance style, but pursue richer and more innovative artistic experiences. From the perspective of artistic development, the innovative needs of dance art itself prompt dancers and creators to constantly explore new forms of expression and creative techniques. Modern dance emphasizes ideological connotation and artistic expression, while popular dance is full of vitality and fashion sense. The integration of the two can complement each other's strengths and weaknesses, bring new inspiration and possibilities to dance creation, and promote the development and innovation of dance art in the new era. For example, some dance works combine the abstract expression techniques of modern dance with the dynamic rhythm of popular dance, creating a stage effect that is both profound and full of vitality, and is deeply loved by the audience. Therefore, studying the integration of modern dance and popular dance has important practical significance and artistic value. It can not only meet the needs of social and cultural development, but also open up new paths for the innovative development of dance art.^[2]

2. Exploration of innovative paths for the integration of modern dance and popular dance

2.1 Innovation in Dance Form and Structure

Traditional dance usually follows a linear narrative structure, unfolding in the order of beginning, development, climax, and ending, telling a complete story through dance movements and plot progression. This structural pattern to some extent limits the expressive power and innovation space of dance, making the presentation of dance works relatively monotonous. The integration of modern dance and popular dance provides an opportunity to break this traditional structural pattern and bring more possibilities for dance creation.^[2]

In works that integrate modern dance and popular dance, non-linear narrative structures can be adopted, abandoning traditional plot coherence and logic, and organizing dance movements and elements in a more free and flexible way.^[3] This structural pattern no longer relies on explicit storylines, but conveys an abstract emotion, atmosphere, or theme through the combination and

variation of dance movements, rhythm, space, and other elements. In some fusion dance works, the dancers' movements may jump in different temporal and spatial dimensions without obvious causal relationships, and the audience needs to interpret the information conveyed by the work through their own feelings and understanding. This non-linear narrative structure can stimulate the audience's imagination and creativity, allowing them to actively participate in the interpretation of the work and thus gain a more unique aesthetic experience.^[4]

We may try to use the technique of fragmented structure to break down the dance work into several independent chapters. Each chapter has a unique theme core, style tone, and expression form, and there is no need for a necessary connection between chapters. It can even be rearranged and arranged according to different logics to derive diverse dance structures. When constructing works with fragmented narrative, each paragraph is like a scattered art puzzle - an abstract body language of modern dance that can be juxtaposed with the dynamic rhythm of street dance; A symbolic movement of traditional ethnic dance can collide with visual elements of installation art. This creative approach breaks through the limitations of linear narrative, allowing different artistic genes to freely grow and intertwine within the same stage, reflecting multiple levels of aesthetic dimensions like a prism. When watching such works, the audience needs to maintain a dynamic aesthetic perspective and actively capture image associations in the jumping scene transitions: perhaps a repeated gesture becomes a thread that runs through the fragments, or a certain color tone forms emotional resonance in different paragraphs. This appreciation process is more like an artistic puzzle full of discovery and joy. The audience is no longer a passive receiver, but through creative interpretation, completes the construction of meaning together with the work, and ultimately obtains a more immersive and speculative artistic experience.

2.2 Develop unique action language

In the process of integrating modern dance with popular dance, creating a unique style of action language is the key to achieving innovation. This requires dancers and creators to deeply explore the essence of both types of dance, combining the characteristics of the times and personal styles, and exploring a new way of expressing movements that are different from both traditional modern dance and traditional popular dance.

In the development of action language, it is also necessary to pay attention to the individual expression of dancers. Each dancer has their own unique physical condition, dance style, and emotional experience. Dancers should be encouraged to showcase their individuality in blended dance, making dance movements more vibrant and infectious. Dancers can personalize the fused movements based on their understanding and feelings of the dance theme, incorporating their unique movement characteristics and emotional expressions. When performing a fusion dance, dancers can highlight the characteristics of certain movements based on their physical strengths, or add their own unique emotional understanding to the movements, making the dance movements more vivid and realistic, and showcasing a unique personal style. Through this approach, not only can the language of dance movements be enriched, but fusion dance can also be made more innovative and unique, meeting the increasingly diverse aesthetic needs of the audience.^[5]

2.3 Integration and Innovation of Stage Art and Dance

2.3.1 Innovative use of stage scenery and props

Stage scenery and props play a crucial role in the fusion of modern dance and popular dance. They not only create specific atmospheres and situations, but also complement dance movements, enhancing the expressive and artistic appeal of dance.

In works that integrate modern and popular dance, modern props and sets can also be used to create unique stage effects. Using modern technology such as LED screens and lighting fixtures to create a futuristic stage background; Alternatively, abstract props such as geometric sculptures, light and shadow props, etc. can be used to enhance the abstraction and artistry of dance. These innovative stage sets and props can bring a new visual experience to the audience, making dance works more creative and attractive.

2.3.2 Lighting Design for Creating Dance Atmosphere

In stage art, lighting design can be regarded as a core narrative element, especially in the fusion of modern dance and popular dance works, it plays an irreplaceable role in shaping the dance atmosphere. By skillfully controlling the color tone, light and shadow levels, and composition of light and shadow, it is possible to construct a diverse emotional field for dance works, helping the audience to deeply perceive the emotional texture and artistic conception conveyed by the dance. The color of lighting is a key language carrier for creating a dance atmosphere. Each color contains unique emotional codes and visual grammar, which can trigger differentiated emotional resonance at the psychological level of the audience. In the fusion of modern dance and popular dance, lighting design needs to be closely coordinated with dance movements, music, and stage scenery elements to form an organic whole and jointly create a unique dance atmosphere. Only in this way can the audience gain a richer and more profound artistic experience while enjoying the dance.

3. The challenges faced by the integration of modern dance and popular dance

3.1 Challenges Faced

3.1.1 Constraints of Traditional Concepts

The traditional perception of the audience has indeed formed a special cultural influence on the integration practice of modern dance and popular dance. Due to the long-term accumulation of aesthetic inertia, different audience groups often exhibit differentiated acceptance psychology when exposed to cross-border dance forms. For audiences immersed in the context of traditional modern dance, their aesthetic expectations focus more on philosophical speculation and avant-garde expression behind body language. This type of audience tends to view modern dance as a carrier of spiritual metaphors, like Pina Bausch's "dance theater," questioning the essence of human nature through bodily narratives. When the lively rhythm and commercial choreography elements of popular dance are involved, they may experience cultural anxiety similar to "pure art being eroded by consumerism", believing that this fusion blurs the boundaries of modern dance as a "serious art" and even equates it with shallow entertainment performances. This cognitive difference often leads to an instinctive sense of alienation from the popping rhythm of street dance and the exaggerated expressions of jazz dance when watching fusion works, making it difficult for them to capture the conceptual core of the works in fragmented style jumps. The core audience of popular dance is more accustomed to seeking sensory stimulation and emotional resonance in dance. Their expectations for dance are more about the visual impact of K-pop choreography, the technical showmanship in street dance battles, or the brainwashing rhythms on short video platforms. When abstract ideographic passages of modern dance appear in fusion works, such as using slow falling movements to symbolize mental distress, and using disordered body entanglements to express the alienation of interpersonal relationships, such audiences may feel confused due to the lack of clear narrative clues, and even interpret them as "mystifying". The division of aesthetic habits in fusion dance makes it easy to fall into an awkward situation of "not pleasing both sides" when attempting

to balance artistic and popular aspects: traditional modern dance audiences find it impure, while popular dance enthusiasts find it too obscure. It is worth noting that this cognitive gap is not insurmountable. In recent years, many successful fusion practices have shown that when choreographers use the creative logic of "deconstruction reconstruction" to handle different dance elements - such as injecting the breathing texture of modern dance into the explosive power of street dance, or breaking the linear narrative of modern dance with the rhythm of popular dance - audiences can often gradually establish a new aesthetic coordinate system through the collision of new and old languages. This process requires creators to find a clever balance between artistic expression and market acceptance, and also relies on the audience's gradually cultivated cross-border aesthetic abilities in cultural consumption.

3.1.2 Difficulty of Technology Integration

Modern dance and popular dance each have their own unique technical systems, which makes them face many technical challenges in the process of integration. Modern dance emphasizes the free expression of the body and the exploration of its potential. Its technical training focuses on the comprehensive improvement of the body's flexibility, strength, rhythm, and coordination. The movements often have strong abstraction and experimentation. In modern dance training, there is a lot of floor movement training, which requires dancers to fully feel the contact and friction between their body and the ground during movements close to the ground. Through body stretching, twisting, rolling and other movements, they can explore the possibilities of body movement in low spaces. This training method can help dancers better control their body center of gravity, enhance their stability and flexibility, but for dancers who are accustomed to popular dance movement patterns, mastering these movement techniques requires a lot of time and effort.

3.1.3 Ambiguity of Art Evaluation Standards

The ambiguity of art evaluation standards has caused difficulties for dance creators, performers, and audiences. For dance creators, due to the lack of clear evaluation criteria, they find it difficult to grasp the direction and scale of their work during the creative process, and do not know how to integrate two dance elements while meeting the aesthetic needs of the audience and critics. This may lead to creators pursuing innovation too much and neglecting the overall quality of the work, or being too conservative and unable to fully leverage the advantages of integrated dance. For dancers, vague evaluation criteria result in a lack of clear goals and guidance during their performances, and they are unsure whether their performance meets artistic requirements, which may affect their confidence and expressiveness in the performance. For the audience, the lack of a unified evaluation standard makes it difficult for them to understand the artistic value of fusion dance works and accurately express their aesthetic feelings, which also affects the audience's acceptance and love for fusion dance to a certain extent. After watching the fusion dance performance, the audience may have doubts and misunderstandings about the fusion dance due to their inability to judge the quality of the work, which is not conducive to the dissemination and development of fusion dance.

4. Conclusion and Suggestions

In order to break free from the constraints of traditional concepts, it is necessary to fully utilize various media platforms and increase the promotion of the integration of modern dance and popular dance. We should widely disseminate excellent works of integrated dance through channels such as television, the internet, and social media, showcasing its unique artistic charm and innovative value. Specialized dance documentaries or variety shows can be produced to provide in-depth

introductions to the development process, creative concepts, and artistic characteristics of the integration of modern dance and popular dance, allowing more audiences to understand the connotation and significance of integrated dance. In documentaries, renowned dance creators, performers, and scholars can be invited to share their experiences and insights in the creation and performance of integrated dance, allowing the audience to gain a deeper understanding of the stories behind integrated dance. We can utilize social media platforms to post exciting clips and creative processes of fusion dance works, attract audience attention and discussion, and stimulate their interest in fusion dance. On Weibo, Tiktok and other platforms, we launched discussions on topics related to fusion dance, invited netizens to share their views and feelings on fusion dance, and created a good public opinion atmosphere.

Looking ahead to the future, the integration of modern dance and popular dance will undoubtedly occupy a more important position in the development of dance art. With the continuous progress of society and the continuous exchange of culture, the integration of the two will continue to deepen, bringing more innovation and development opportunities for dance art. We look forward to more dance creators and researchers dedicating themselves to this field in the future, promoting the integration of modern dance and popular dance through continuous practice and exploration, and making greater contributions to the prosperity of dance art.

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