

# On the question of the structure of the pose in standard dances

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PH. D He Weiming<sup>1</sup><sup>1</sup>Russian University of Sport (SCOLIPE), Moscow  
Department of Dance Sports Theory & Methods

Corresponding author: singina63@mail.ru

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**Introduction.** By analyzing the basic techniques of standard dance, this paper clarifies that the body posture structure of standard dance is the first item of all techniques, and it is the main content of judging standard dance competitions, occupying an important position in the technical system.

## 1. Body shape is the basic part of the technical system of standard dance

Shusterman affirmed the beauty of the human body with "the spiritual body is the place for our sensual appreciation and creative self-improvement" [1]. The body of standard dance is the carrier of its dance beauty, a unique aesthetic symbol, a solidified basic technique, and the source of imagery for aesthetic experience.

The technical system of standard dance consists of four parts: technical quality, partnering skills, musicality of movements and choreography presentation. Among them, body shape is the first item of all standard dance techniques, and it is the first step in learning standard dance. A beautiful and straight body shape is a prerequisite for attracting judges and audiences.

## 2. Structure of pose plays an important role in standard dance competition rules

"Competition rules are the yardstick for project development, and play an important role in guiding and restricting both training and competition" [2]. Sports technology and competition rules are closely related during the competition process, and the two influence each other. In the technical rules include a total of 13 technical details, of which 5 techniques (posture, dance grip, body movement, separation/coordination, swing) are significantly related to the composition

of the body shape, and they are direct impact on the structure of pose of ballroom dancing.

## 3. The learning process of standard dance moves depends on the correct understanding of body shape

In the primary generalization stage of standard dance movement learning, by systematically understanding the structure of pose of standard dance, it is possible to avoid the interference of wrong pose on other techniques.

The middle-level stage of technical learning is a critical period for the formation of dynamic stereotype. One-sided and rigid cognition of body shape can easily lead to wrong body shape power stereotypes.

The automatic stage of technical movements requires a more scientific pose cognition. Bad body shape affects other technical performance, and maintaining bad body pose for a long time will eventually induce sports injuries.

## Conclusion

Pose is the first item of all standard dance techniques. The change of pose is the main judging content of standard dance competitions. Mastering the correct posture structure is the basis for developing the athletic ability of standard dance, occupies an important position in the basic technical system of standard dance.

## Reference

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