

Art Of Dance

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Annotation: In this article, very necessary and, in a word, extensive and meaningful information about the art of dance, the history of dance, and its development periods have been provided.

Key word: dance, waltz, performance, show, rhythmic, dance movements, choreographer, dancer, gymnastics.

Dance is an art form that is manifested in rhythmic body movements similar to music. Dance exists in many cultures and is performed as a form of expressing emotions, social connections, or for entertainment. The dance is performed not only by humans, but also by other animals (eg, bees, birds). Even inanimate objects can dance - metaphorically: "Leaves are dancing in the wind" or literally: robots dance. Gymnastics, synchronized swimming, and some martial arts can also be compared to dance. What exactly dance is depends on social, cultural, aesthetic, artistic and spiritual constraints. And it includes everything from functional movement (folk dance) to virtuoso technique (ballet). Dance is divided into public (at weddings), social (waltz), performance (on stage), ceremonial (Indian dances), competition (artistic gymnastics) and erotic (striptease) types. It is possible to convey thoughts and feelings, and to write stories through dance movements. As a result of the evolution of dance, various styles have emerged. For example, breakdancing, which appeared relatively recently, belongs to hip hop culture; and African dance is interpretable; ballet and waltz are classical dances, while tap is modern.

Experience and caution are required when performing high-speed dances, or injury (pulling ankles, etc.) is possible. The art of dance performance is called choreography. A person who creates a dance is called a choreographer. Harmonious body movements and postures of the dancer, plastic expressiveness and facial gestures, creating an image through rhythm, tempo, and composition are the main means of dance. It arose in connection with the labor process and emotional impressions of the human being.

Dance was initially associated with songs and words, and later became an independent art form. The dance has evolved over the centuries and acquired stable forms. The dress of the performer gives

clarity to the images of the dance. Each nation has its own dance traditions, performance style, visual arts, which have been developed under the influence of historical, social and geographical conditions. Dance is a component of folk ceremonies and celebrations. Chorovod and ritual games appeared in connection with them. Horovods gradually got rid of ritual games and began to reflect some aspects of people's life. Themes related to hunting, animal husbandry, farming and crafts, as well as people's struggle against invaders and lyrical mood are reflected in the folk dance. Dance is inextricably linked with music, and it reveals the content of music through images. Rhythm is important in folk dances, it finds its expression in music, movements of legs, hands, head and body follow the general rhythm and connect with each other. While expressing the content of Uzbek dances, the performers also use stepping, clapping, and rustling. Some dances are performed with objects such as handkerchiefs, bowls, glasses, sometimes the performer accompanies himself on folk instruments (kayrak, doira, drums, etc.).

In the dance of the peoples of Western Europe, mainly foot movements are important, followed by hand and body movements. In the East, hand and body movements are the main means of plastic expression. Stage dance relies on folk creativity, preserves and develops its heritage and unique qualities. It first appeared in Greece, India and other countries. Professional dances based on folk dances are highly developed, and various dance systems (in particular, European and Eastern classical dances) have been established. Greek and Roman dance art made a significant contribution to the development of European professional dance art. In Europe in the Middle Ages, the first manifestations of professional dance appeared only in the work of jugglers, spielmans and skomoroks. In the 15th and 16th centuries, moreski, ballfigurato plot dances became a tradition, and pamphlets and textbooks were created about the dance. In the 17th century, ballet dance performances appeared, and dance art was enriched with new techniques. At the beginning of the 20th century, "modern" (rhythmoplastic) dance appeared. In the 1940s and 1960s, small choreographic works and pop dances developed for concert performance in Europe and the USA. Rock images and archeological finds found in Central Asia, including Uzbekistan, testify to the fact that dance has been developed here for a very long time. The antiquity of the Uzbek dance art, the richness of its forms and types is mainly due to the fact that it was related to the field of work of our ancestors, agriculture and handicrafts. As early as the time of the Zoroastrian sacred book "Avesta", the art of dance was formed and began to develop in two directions - folk and professional dance. During the period of the Greek-Bactrian kingdom (4th-3rd centuries BC), the level of Turanian dance art allowed to compete with the dance of Greece, Byzantium, India and China. Thanks to the development of urban culture, this art becomes more meaningful and colorful. By the IV-VIII centuries, dance masters from the cities of Uzbekistan, such as Samarkand, Bukhara, Shahrisabz, and Tashkent, traveled along the Great Silk Road to Rome, Egypt, Western countries, and in the East to China, Korea, and even Japan, and demonstrated their art. For example, the dance of our

ancestors "Husyuan'u" was popular in China. The poet Yuan Zhang (776-831) and others also praised the art of dance. Even during the Muslim era, dances and games that appeared on the borders of Uzbekistan at different stages of development influenced each other and lived side by side. Therefore, at weddings, festivals and events held in cities and villages it can be found the ancient games such as "Beshkarsak(Five claps)", "Katta Oyin(Big dance)", "Lazgi", "Kema Oyin(Ship dance)", "Ashshadaroz", that have a great generalization and symbolic characters.

During the Renaissance period of the 9th-12th centuries, there was a real rise in the art of dance, many ancient dances were revived and performed on the holidays of Navruz, Mehrjan and Sada. According to Abul Fayz Bayhaki, there were hundreds of artists in the city of Termiz alone at that time, and more than 300 artists came from Termiz to the Amudarya River to welcome Amir Masud. Bukhara, Gurganj, Kesh and other cities also paid attention to dance. During the reign of Abul Abbas Ma'mun (1003-1017), the art of dance was well developed in Khorezm.

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