

The Importance of the Art of Dance in Actor Training

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Abstract:

The article provides information about the importance of dance art in the education of young actors, training tools, requirements for young actors, methods of mastering dance performance at a high level.

Keywords: Actor, plasticity, body, style, means, exercise, dance, dance technique, stage, image, behavior, music.

Our people consider dance as their favorite form of art due to the perfect and unique synthesis of music and body movement. Uzbek dance art, which is a component of the national performing arts, occupies a great place in human spirituality and maturity. The role of dance in the professional training of film actors is incomparable. The most important goal and task of dance education is the formation of real music and dance culture in young actors, the ability to listen to music and perform dance movements in accordance with music. The most important thing is to develop the musical perception, musical taste, ability to analyze dance, and the need and interest in dance of the students who are taking their first steps in the art of acting. Young actors must learn to dance and dance.

The art of dance educates the body of young actors first of all. In fact, an actor must constantly train his body to reach maturity. Because one of the actor's weapons is his own body. Johann Goethe believed that the art of an actor is in speech and movement. The body is no less important than psychotechnics or voice, it conveys the same thoughts and feelings. The development of an actor's body involves a long and difficult process. The actor's body plays the role of a creative tool. Before creating a new image, it is necessary to bring the existing body into the right position. The actor must prepare his body apparatus to convey the necessary emotions to the audience.

An actor must first set the body foundation (body stability) correctly, because the body is the most important acting tool. Working on the body or doing dance is a great help to those who are starting acting career. The body is an instrument, just like the voice and speech. The audience first notices the actor's body and hears his voice. The main part of what makes an impression about an actor is his gait, posture and movement. Therefore, the actor must practice dancing regularly.

K. S. Stanislavsky said in his system; "Through deep conscious spiritual technique, an involuntary creative artist emerges." Actors' bodies must work precisely like clockwork. To achieve this, the actor's body needs dance techniques and performance skills. Because one should get used to feeling that one's figure is not straight, shoulders are bent, regularly control the body, correct one's position at the right time and hold it correctly. It is very important and very useful for an actor.

Because the audience reads the actor visually, the psychophysical state of the actor is very important. In order to fulfill the goal he has set for himself, his psychophysical state should always be positively prepared. If a musician does not regularly practice the tune with his musical instrument, a dancer does not constantly practice on himself, a singer does not tune his voice, then his work is in vain, so the actor must constantly sharpen his voice, passion and skill. A lot of things can be conveyed without text through the actor's presence on the stage, his gait, and his plasticity. A person's feelings and state can be determined by the way the body works. The body is flexible, so that it does not harden, it must be worked on constantly. The most important thing in working with your body is to hear and listen to your body.

If an actor dances professionally, he or she will already be using dance techniques, concepts, and styles to improve the quality of bodywork. If an actor does not dance, when he is at the initial stage of his creative career, he does not have to think about it, he has to control himself more. First of all, the actor should practice a lot and repeat the basic movements. It is necessary to act carefully, to develop gradually, to start exercises from the basic principles and techniques. Regularity and variety are very important here: this is the only way for the body to develop in different directions. In this way, the actor can work with his body as a plastic material and give it different tasks. As a result, a foundation is created on which dance styles can be applied. Only after the body is strengthened and reaches a new level of quality can he apply his style and movements to it. In this way, the actor forms his "style" of action.

There is a personal signature - the author's actions - that can be observed in the work of a particular choreographer. If an actor has the ability and ability to stage dances himself, his authorship can be recognized in a well-known way. Even in improvisation, the specific movement ornaments used by the actor gradually develop into concrete movements. But it takes time, skill and fundamentals of execution.

Each part of the body is unique, like a fingerprint and the retina of the eye. Arm length, height, weight, height: all this forms a unique style.

During training, an actor should understand the role of dance art in his professional growth, teaching tools, requirements for them, methods of mastering dance performance at a high level. Every activity an actor does with his body should be used to improve his abilities. Everyone has their own needs: some just want to have fun, some want their body to be flexible, others train to prepare for competitions.

In conclusion, everyone has their own goals, but the most important thing is to understand why you came to dance class this time. Only after that, it is possible to approach training correctly, achieve the desired goal and achieve a high result.

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