

THE SOCIAL ROLE OF DANCE CONCEPTION AND ITS TYPES OF PERFORMANCE.

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Annotation: It is well-known that dance is an excellent way to lead a healthy lifestyle by developing the human body in all its aspects and preventing diseases. Dance is also an important and useful way to spend your free time productively. Clearly, "Healthy body - healthy mind"! Therefore, this article discusses the main content of dance lessons, its types and role in society.

Keywords: Movement, dance, art, music, emotion, body.

Introduction. Every nation has its own dance traditions, style of performance, and plastic visual aids, which have evolved under the influence of historical, social, and geographical conditions. The art of dance originated in connection with the process of human labor and the emotional impressions derived from being. This art was originally associated with song and lyrics and later became an independent art form. Dance has developed over the centuries into a stable form. Especially, the performer’s dress gave clarity to the dance images. At the meeting of the President of the Republic of Uzbekistan Sh.M.Mirziyoyev on August 3, 2017 “Meeting with creative and intellectual representatives of our country” current issues related to the development of our national culture, literature and art, ways to address them , exchanged views on the important tasks facing creative associations and government agencies in this regard. In his speech at the meeting, President Sh.M. Mirziyoyev stated, “We have great ancestors worthy of envy. We have incomparable riches that are worth envying. And I believe that we are lucky, we will have a great future, a great literature and art”. The above logical and rational views impose a huge responsibility on the representatives of each industry.

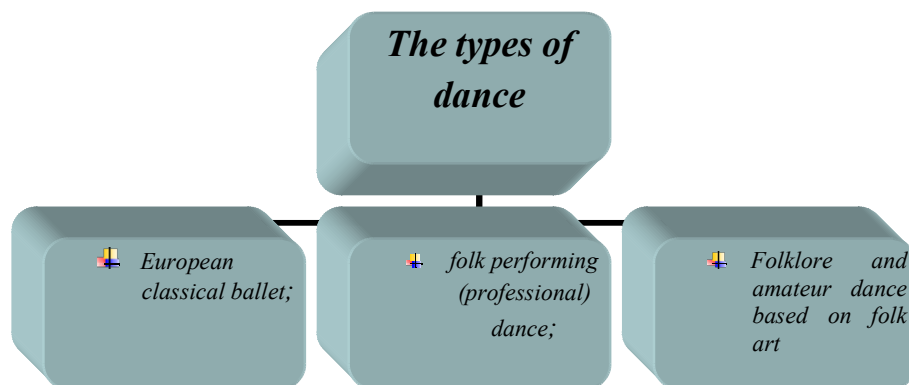
I. The main part

Dance is an art form that is performed in rhythmic body movements similar to music. Clearly, the art of dance is an art form based on conveying the spirit of creation, emotions, thoughts to the people without words, only with actions and facial expressions. Dance exists in different cultures and is performed as a form of expressing emotions, social connections. Dance technique is the ability to consciously control head movements, postures, and arm and leg movements. Head movements turn to the incoming side, right holding, bending slightly back and forth are closely related to the formal and various postures of the body, the basic movements of the arms and their types, the postures of the legs, and their other factors. The

basic rules and requirements of learning to dance are knowledge and regular practice and ,of course, pleasure.

Exactly what dance is depends on social, cultural, aesthetic, artistic, and spiritual constraints, and ranges from functional movement to virtuoso technique. Dance is divided into mass (at parties), social (waltz), performance (on stage), ceremonial (Indian dances), competition (rhythmic gymnastics). Performers also used kicks, applause and bells to express the content of Uzbek dances. Some dances were performed with objects such as handkerchiefs, bowls, cups, and sometimes the performer was accompanied by folk instruments (kayrak, doira, drums, etc.). Through dance movements, it is possible to convey thoughts and feelings, to make a story.

Music and movement are the main tools of rhythmic training. Representing themes in different directions in rhythmic movements is the only way to develop and improve the basic style of movement as well as a sense of norm. Every field of art expresses our life through art. Dance is also an art form that plays a special role in the development of human society. Dance performance is a professional dance performance, amateur dance performance based on folk art. There are 3 types of dance performances:



No matter what type of dance a person does, it does not prevent him from learning the basics of classical dance. It is no coincidence that male and female dancers engage in classical dance throughout their creative careers. The basics of classical dance give the freedom to depict an being through movement and the ability to move one's body delicately in certain dimensions of music. Everyone loves to spend time and always have fun – It is undeniable . Fewer people associate themselves with harmful habits and wasted time in the pursuit of fun, and a healthy lifestyle is becoming one of the most pressing trends today. One of the funniest, most rewarding, and most effective ways to join its has always been and remains dance. Regardless of the direction and specialization, all dances are an incomparable benefit for the human organism, an important aid that expands, develops and strengthens its abilities and has a positive effect on the immune system. Regular exercise activates all systems and organs and gives great effect to their work. They improve blood circulation, resist the

formation of stagnation in the muscles and tissues, allow you to form a fit and healthy body. Dancers develop the muscular system of their body, increase flexibility and elasticity, and learn elegance and grace. Dancing strengthens the cardiovascular system in general, increases the useful volume of the lungs, helps to coordinate breathing, completely eliminates shortness of breath, and improves the oxygen supply to the lungs. Dance training significantly develops body coordination, teaches it to control it more precisely, and achieves an excellent level of stretching. This will prevent injuries during the next training session. Sports dancing also has a good effect on the small pelvic organs, but in addition it strengthens the abdominal and back muscles, helps to achieve well-being and prevents flat feet. In addition to physical health, all dances have a positive effect on mental health: they stimulate the release of serotonin into the blood, which is known to be the hormone of happiness. People who dance are less prone to the devastating effects of stress. They think much brighter and happier than others. Regular exercise, as well as the resulting achievements and successes, increase a person's self-esteem, thereby improving his mood and significantly improving the general condition of the body. Dance encourages you to look at the world differently, to think positively, without focusing on small problems and failures.

Conclusion. To sum up, rhythmic movements produce rhythmic ability. Rhythmic sensitivity and the role in creating the emotional world are great. It is very easy to be healthy, happy, beautiful and successful - to overcome laziness and be active, not to neglect to practice dancing. Then the result will not be long in coming, and good health will be your constant companion!

List of used literature and social networks.

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