

HISTORY OF ORIGIN OF DANCES

Khasanova Kamola

Fergana State University Faculty of "Art History"

Direction Music Education 2nd Year Student

Abstract:

Dancing is one of the most ancient art forms that combines movement, rhythm and emotion. In this article we will look at dance as an art form in more detail, describing its various aspects - from cultural significance to physical fitness. We will learn what role dance plays in modern society and why it continues to attract the attention of millions of people from all over the world, as well as the history of dance in Uzbekistan.

Keywords: history, dance, genre, culture, formation, art, traditions, customs, dancers, society, health, folk dances, evolution, rhythm, emotions, movement.

Аннотация:

Танцы – это одна из самых древних форм искусства, которая объединяет движение, ритм и эмоции. В данной статье мы рассмотрим танцы как жанр искусства более подробно, описав их различные аспекты – от культурного значения до физической подготовки. Мы узнаем, какую роль танцы играют в современном обществе и почему они продолжают привлекать внимание миллионов людей со всего мира, а также историю танцев в Узбекистане.

Ключевые слова: история, танцы, жанр, культура, формирование, искусство, традиции, обычаи, тансовщицы, общество, здоровье, народные танцы, эволюция, ритм, эмоции, движение.

Introduction

The history of dance stretches back through the ages, beginning in antiquity. It has served different functions in different cultures, from religious ritual to entertainment in the royal court. Dance allowed people to express their individuality and social status, as well as convey information about their values and beliefs.

From ancient to modern times, dance is one of the oldest arts, with a rich history. Already in ancient civilizations such as Egyptian, Greek and Indian, dance was used

as a way of expression and communication. Dance was closely associated with religious ceremonies, festivals and rituals. Over time, dance has evolved and changed to reflect different eras and cultures. In the Middle Ages, dance penetrated European culture, becoming a popular entertainment at palace balls and among the aristocracy. In the XIX century, dance interested and ordinary citizens, there were dance schools and special textbooks. In the XX century, dance experienced a real revolution. We can distinguish several key trends that were formed during this period: classical ballet, modern dance, jazz dance and street dance. Each of these trends has its own history and peculiarities, but all of them are an integral part of modern choreography.

Dance, as an art genre, has a significant impact on culture and society. They serve as a means of self-expression and communication, and allow to convey emotions, ideas and history. Dance plays an important role in different cultures, reflecting national traditions and values. They are also a way of bringing people together, creating a sense of community and social bonding. In some societies, dance is used in religious and ceremonial rituals, giving a special sacred character. In addition, dance is important for the development of physical and emotional expression, promoting health and harmony of the soul. Dancing is a fundamental part of art and culture, making an integral contribution to the formation of society and its values.

Discussions and results

Dances are not only physical movement, but also a way of expressing feelings, an art and a means of communication. They are a unique way of expressing human feelings and thoughts and also reflect the cultural traditions and customs of different peoples. Different cultures use dance to convey history, rituals and traditions. Dance can be part of a theatrical performance, a musical performance or an independent art form. It can be expressive, emotional, energetic or graceful. The art of dance has a rich and diverse heritage.

Dance has long ago ceased to be mere entertainment and has become a genre of art, a way of self-expression and emotional expression. Through body movement, rhythm, music and choreography, dancers can convey their thoughts, feelings and moods. Dance allows to express joy, sadness, passion, love, visually conveying emotions to the audience. It becomes a powerful means of communication, a way of communication and connection between the performers and the audience. Each dancer in his movements expresses his uniqueness, his individuality, able to touch



the hearts and souls of the audience. Dance ceases to be just a physical action and becomes an art that can inspire and awaken the deepest feelings. They are also a way of bringing people together, creating a sense of community and social bonding. In some societies, dances are used in religious and ceremonial rites, giving a special sacred character. In addition, dance is important for the development of physical and emotional expression, promoting health and harmony of the soul. In general, dance is a fundamental part of art and culture, making an integral contribution to the formation of society and its values.

The variety of dance styles and movements represents a unique expression of emotions and feelings through movement. One of the characteristics of this art is the variety of dance styles and trends that exist in the world. From classical ballet to modern dance, from folk dance to hip-hop, each style has its own characteristics, characteristic movements and its own history. Classical ballet, for example, is characterized by grace and precision of execution, while modern dance emphasizes the expressiveness and individuality of the dancer. The variety of dance styles and trends provides an opportunity for everyone to choose their own path in the world of dance. It allows dancers to express their individuality and uniqueness, expand their artistic arsenal and enrich their dance skills.

In Uzbekistan, dancers are a national treasure, embodying the spirit of ancient art culture. Their unique performances attract the attention of the public, creating a unique atmosphere of grace and beauty. Traditional Uzbek dances are characterized by their choreography, aesthetics and expressiveness, immersing the audience in the world of Uzbek femininity and elegance. Dancers become symbols of national dignity, glorifying the richness of Uzbekistan's cultural heritage. The dance art of the Uzbek people is remarkably rich in history that stretches back many centuries. This art has had a significant impact on the country's culture and traditions and has become an important component of its cultural heritage. Folk dance is one of the most famous types of dance art in Uzbekistan, reflecting the cultural and national values of this land. The unique compositions of Uzbek dances often combine elements of music, poetry and theater, creating a magical and emotional expression. Dance art in Uzbekistan is constantly evolving under the influence of modern trends, creating new styles and directions such as modern, classical and folk dance. Professional dance education is also evolving, opening new opportunities for talented dancers to realize their potential and achieve recognition in the art world.



One of the famous dancers is Tamara Khanum - Soviet, Uzbek dancer, singer, actress and choreographer. People's Artist of the USSR (1956). Winner of the Stalin Prize of the second degree¹. She was born in 1906 in New Margelan. Her life path was not easy, but she was able to reach great heights in this field. "Tamara is a rare phenomenon in our art, and in art in general" - Yunus Rajabi².

The greatness of the art of dance in Uzbekistan is rooted in the rich history of folk traditions, which reflect the spirit of ethnicity and culture. The dancers of this country not only preserve and transmit these traditions, but also serve as an example and inspiration for the younger generation, continuing to elevate the art of dance to new heights. The peculiarities and uniqueness of Uzbek dances represent one of the most beautiful and elegant types of national dance. The unique style of Uzbek dance is characterized by a special approach to the technique of performance and soft, graceful movements of the hands and body, which create a unique grace and elegance.

Especially important in Uzbek dance is the use of wide skirts with various patterns, long silk scarves and precious jewelry made of gold and silver to emphasize the graceful movements and create a unique image on stage. Energetic and dynamic leg movements with many turns and jumps are the basis of this dance. Flexibility and muscle strength as well as the dancer's posture and plasticity play an important role in this process. Each movement must be precise and rhythmic to convey the emotions and mood of the performer.

Conclusion

The future of dance in Uzbekistan: new talents and perspectives: Dance has a long and rich history in Uzbekistan, and today new talents continue to develop successfully in this field. Young dancers in Uzbekistan undergo intensive training and master various dance styles, from traditional folk dances to modern genres. Thanks to the support of the state and a well-developed education system, Uzbek dancers have the opportunity to develop and grow professionally. Uzbekistan has established many schools and colleges where students can receive education and training in dance. This allows new talents to develop their skills and learn different styles and techniques. The future of dance in Uzbekistan promises to be bright and

¹ Тамара Ханум / М. С. Клейменова // Струнино — Тихорецк. — М. : Советская энциклопедия, 1976. — С. 710—711. — (Большая советская энциклопедия : [в 30 т.] / гл. ред. А. М. Прохоров ; 1969—1978, т. 25).

² Гавхар Закирова. Легендарная Тамара Ханум, 15 апреля 2002



promising. The young dancers demonstrate a high level of professionalism and attention to detail. They are ready to keep up with the times and experiment with new dance styles. Dance groups and ensembles participate in national and international competitions, attracting the attention and interest of the audience.

Dancing is not only an art, but also a wonderful means of physical development and health maintenance. Dance movements activate all muscles of the body, improve flexibility and coordination of movements. Regular training in dance classes allows you to strengthen the muscles of the back, legs and buttocks, as well as improve posture and endurance. Dancing contributes to weight loss and a slim figure, because during dance exercises actively expended energy. In addition, dancing helps to improve the cardiovascular system, favorably affect the work of the lungs and strengthen immunity. Thus, dancing is not only a great art, but also an effective means of maintaining physical health.

Literature used

1. The Work of Dance: Labor, Movement, and Identity in the 1930s, Mark Franko
2. Choreographic Politics: State Folk Dance Companies, Representation, and Power Anthony Shay
3. Hitler's Dancers: German Modern Dance and the Third Reich Lilian Karina, Marion Kant
4. Русский балет Дягилева, Линн Гарафола
5. Авдеева Л. Из истории узбекского народного танца. Первая книга Ташкент, 2001г.
6. Проблемы приемственности в искусстве узбекской хореографии, Ташкент 2015г.
7. Матякубова Г, Ещанова Ш, Лазги Ургенч, 2018г.
8. Бекина С.И., Ломова Т.П. "Музыка и движение" 1983
9. Блок Л.Д. "Классический танец: история и современность" 1987г.
10. The Oxford Handbook of Dance and the Popular Screen.

