



# Reconstruct the Modernity and Aesthetics of Mongolian Folk Dance from Traditional Culture

Lumeng Chao

Mongolian National University of Arts and Culture

---

**Abstract:** As the carrier of grassland culture, Mongolian folk dance faces the deep dialogue between tradition and modernity in the contemporary context. Based on the profound cultural heritage of the Mongolian people, this study explores the realization of the modern transformation of dance art on the basis of maintaining national characteristics. Through the analysis of the cultural core of grassland nomadic culture, shaman belief and horseback civilization, the cultural password and modern interpretation space of Mongolian dance vocabulary are revealed. The study found that the modernity reconstruction of Mongolian folk dance needs to be promoted in the dimensions of dance language innovation, cross-cultural integration, and creative mode change. In the aspect of aesthetic remodeling, the traditional functional aesthetics is transformed into pure artistic aesthetics, forming a diversified aesthetic standard system. The study holds that the modern development of Mongolian folk dance should seek a dynamic balance between cultural inheritance and artistic innovation, not only to maintain the root of national culture, but also to adapt to the aesthetic needs of the times, and to construct a theoretical framework of Mongolian dance aesthetics with the characteristics of the times.

**Keywords:** Mongolian folk dance, traditional culture, modernity reconstruction, aesthetics, cultural heritage

---

## 1. Introduction

Under the dual impetus of globalization and modernization, national traditional culture is undergoing unprecedented changes and remodeling. As an art form carrying profound grassland civilization, Mongolian folk dance is not only an important symbol of national cultural identity, but also a cultural bridge connecting tradition and modernity. From the perspective of historical context, Mongolian dance is rooted in the fertile soil of nomadic culture, integrating multiple cultural connotations such as shamanism, horseback civilization, and harmony between man and nature, forming a unique artistic expression system. However, in the context of contemporary culture, there is a certain tension between traditional dance forms and modern aesthetic needs. How to realize the modern transformation of art under the premise of maintaining national cultural characteristics has become an important issue to be solved urgently. This study attempts to explore the feasible path of modernity reconstruction through the deep excavation of the traditional cultural core of Mongolian folk dance, and on this basis, re-examine and construct the aesthetic concept system adapted to the development of the times, which has important theoretical value and practical significance for promoting the innovative development of national dance art<sup>[1]</sup>.

## **2. Modern interpretation of the traditional cultural core of Mongolian folk dance.**

### **2.1 Symbolic expression of grassland cultural spirit in Mongolian dance**

Mongolian dance is deeply rooted in the soil of grassland culture, and its action vocabulary embodies the cultural genes of nomadic people. In the use of space, dancers interpret the vast geographical features of the grassland and the consciousness of nomadic life space through large-scale lateral movement, open arm display and continuous rotation. The philosophical thought of the unity of heaven and man is embodied in the dance. The dancers show the Mongolian's reverence for nature and the concept of harmonious coexistence by looking up to the sky, observing the attitude change of the earth, and simulating the action of the eagle hitting the sky and the running of the horse. The horseback culture has a profound impact on the rhythm of dance rhythm. The horseshoe rhythm is transformed into the unique trembling and jumping beats of dance. The cooperation between riders and horses has evolved into the dynamic characteristics of the dancer's body coordination and unity. Although Shaman culture is declining, its spiritual remains still play an important role in modern dance. Especially in the adaptation of sacrificial dance, the mysterious color and religious ritual sense of Shamanism inject deep spiritual connotation into modern dance.

### **2.2 Cultural code and modern interpretation of traditional dance vocabulary**

Mongolian traditional dance movement elements carry rich cultural information, such as 'milking dance' hands alternately pressing action from the labor process, 'chopsticks dance' percussion rhythm reflects the artistic expression of life interest, modern creators through refining, exaggeration and reorganization to achieve the transformation from life to art. Traditional costume props have important symbolic significance. The rotating arc of Mongolian robes symbolizes the inclusiveness and free spirit of grassland culture. Horse boots and hats strengthen the national recognition of dance. The folk ritual dance originally undertook the social functions of communicating gods and praying for peace. In the context of modern stage, it was transformed into pure artistic aesthetics. The creators retained the formal characteristics and diluted the religious color. The cultural inheritance mechanism formed by the teacher-student relationship still plays an irreplaceable role. The older generation of dancers convey their understanding and emotional identity of national culture through words and deeds<sup>[2]</sup>.

## **3. Exploring the path of modernity reconstruction of Mongolian folk dance**

### **3.1 Modernization and innovative practice of dance language**

The modernization of Mongolian dance language needs to maintain national characteristics and adapt to the aesthetics of the times. The integration of traditional rhythm and modern dance techniques has become the key. The creator draws on the normative training methods of ballet to improve the technical standards, and absorbs the concept of free expression of modern dance to expand the space of emotional expression. In the creation, the balance between nationality and times reflects cultural wisdom. Excellent works not only maintain the core characteristics of Mongolian dance, but also integrate into contemporary emotional experience and aesthetic pursuit. The context of modern stage art provides a broad performance platform. Advanced stage technology and rich audio-visual effects create favorable conditions for the modern expression of traditional dance. The creators use modern means to create grassland artistic conception, render national atmosphere, enhance artistic appeal and expand cultural influence.

### **3.2 The construction of dance modernity in cross-cultural context**

Under the background of globalization, the cultural identity of Mongolian dance faces challenges and opportunities. Multicultural exchange injects vitality into development, but how to maintain characteristics in blending has become an important issue. Modern creators explore dialogue with the world dance language on the premise of maintaining the core of national culture, and show their unique charm through international dance festivals and cultural exchange activities. The collision and fusion of Eastern and Western dance aesthetic concepts reflect the deep characteristics of cultural exchanges. Western dance skill training provides reference for technical improvement. The creation of Oriental dance

artistic conception and emotional expression echo the cultural connotation of Mongolian dance. Modern media technology provides support for the development of dance communication, breaks through regional restrictions through network platforms, digital media, virtual reality, etc., and promotes the transformation and upgrading of the digital age.

### **3.3 Reconstruction mode of traditional culture in contemporary dance creation**

The modern adaptation of classic plays has become an important way to reconstruct traditional culture. The creators reinterpret the ' Little Hero Sisters of the Prairie ' and ' Ordos Wedding ', retaining the cultural connotation and artistic essence while integrating modern expression techniques and aesthetic concepts. The extraction and application of traditional cultural elements in the new works reflect the cultural consciousness of the creators, draw inspiration from the rich cultural treasure house, and transform folk stories, historical legends and living customs into dance language. The construction of modern and traditional courses in the dance education system reflects the educational concept of keeping pace with the times. It is necessary to impart traditional skills and cultural knowledge, cultivate innovative ability and modern consciousness, and cultivate new talents with profound cultural heritage and modern creative ability.

## **4. Remodeling and development of modern aesthetics of Mongolian folk dance**

### **4.1 Transformation from traditional aesthetic paradigm to modern aesthetic experience**

The traditional aesthetic paradigm of Mongolian folk dance takes functionality as the core. As a part of religious rituals and social activities, dance is closely combined with its aesthetic value and practical function. The audience 's appreciation is more based on cultural identity rather than pure artistic judgment. With the change of social and cultural environment, this functional aesthetics is transforming into pure artistic aesthetics. Modern audiences pay more attention to the artistic expression, skill perfection and emotional appeal of dance. The modern audience 's aesthetic expectation presents diversified and personalized characteristics. It not only hopes to feel the rich national customs and cultural heritage, but also hopes to obtain novel visual experience and spiritual touch. It requires traditional dance to adjust adaptively on the basis of maintaining cultural characteristics. The diversified development of dance aesthetic standards in the modern context has formed a comprehensive evaluation framework that emphasizes both technology and art, both nationality and internationality, and the integration of tradition and modernity. The modern expression of the concept of body aesthetics reflects the re-understanding of the artistic value of the human body, and promotes the overall improvement of Mongolian dance in action design, clothing modeling, stage presentation and other aspects [3].

### **4.2 The balance of cultural inheritance and innovation in the future development**

The digital age provides technical support for the protection and inheritance of Mongolian dance. The essence of traditional dance is completely preserved through high-definition video recording, three-dimensional motion capture, virtual reality display and other means, but it is necessary to avoid over-reliance on technology and neglect of cultural connotation. The cultivation of traditional cultural literacy in modern dance education needs systematic design. It is necessary to improve students ' dance level, enhance their understanding and recognition of Mongolian traditional culture, and cultivate compound dance talents. In the process of cultural industrialization, it is necessary to coordinate commercial value and artistic value, fully tap market potential and avoid the damage of excessive commercialization to artistic quality. It is an important task to construct the theoretical system of Mongolian dance aesthetics with the characteristics of the times. It is necessary to inherit the essence of traditional dance aesthetics and absorb the achievements of modern dance theory to provide scientific guidance for practical development.

## **Conclusion**

This study reveals the development law of national dance art by exploring the core of traditional Mongolian folk dance culture and the path of modern reconstruction. As a carrier of grassland culture, Mongolian folk dance has a rich space for modern interpretation and provides cultural nourishment for contemporary creation. In terms of modernity reconstruction, the modernization of dance language, the construction of cross-cultural identity and the innovation of

traditional culture reconstruction model open up multiple paths for contemporary development. In the process of reshaping the aesthetics, the transformation from functional aesthetics to pure artistic aesthetics reflects the independent character of dance art, and the diversified aesthetic standards provide a broader space for creation. The future development of Mongolian folk dance should seek a dynamic balance between cultural inheritance and artistic innovation. It is necessary not only to protect the spiritual core of traditional culture, but also to embrace the new ideas, new technologies and new forms of the development of the times. Through creative transformation and innovative development, this cultural heritage will glow with artistic brilliance in the new era and move towards the world stage with a more mature and diverse appearance.

### **References**

- [1] Xiaoyan Chen. The creative thinking of folk dance-taking Mongolian dance creation as an example [ J ].Nowadays and ancient times, 2022 ( 18 ) : 3.
- [2] Yikun Wang, Yunjia Zhang. On the modern transformation of Mongolian traditional dance creation-taking ' We See the Wild Goose ' as an example [ J ].Art Education, 2023 ( 4 ) : 111-114.
- [3] Chenshuoxuan Zhao, Li Chen. On the " break " and " stand " of Mongolian dance modernity creation [ J ].Tomorrow fashion, 2021 ( 11 ) : 187-189.