



# Exploring the Teaching Methods and Practical Ability Enhancement of Dance Choreography

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**Abstract:** This paper explores the teaching methods and strategies for enhancing practical abilities in dance choreography. Through a detailed analysis of the current status of dance choreography teaching, a series of targeted teaching methods are proposed. With the core objective of enhancing practical abilities, this paper further discusses the fundamental principles that should be followed in the process of dance choreography teaching. It is pointed out that dance choreography teaching should emphasize the close integration of theory and practice, aiming to stimulate students' innovative thinking and enhance their practical operation skills, in order to cultivate more high-quality talents for the sustained development of China's dance industry.

**Keywords:** dance choreography; teaching methods; practical ability; enhancement

## 1. Introduction

Dance choreography, as a core element of dance art, shoulders multiple responsibilities such as creation, arrangement, and direction. With the continuous development of dance art, the demand for dance choreography talents is increasingly strong[1]. However, there are certain problems in current dance choreography teaching, such as an overemphasis on theoretical teaching and neglect of practical ability cultivation. Therefore, this paper will discuss the teaching methods of dance choreography and the enhancement of practical abilities in the hope of providing a reference for the reform of dance choreography education.

## 2. Exploration on the teaching methods of dance choreography

### 2.1 Heuristic teaching

In the teaching field of choreography, heuristic teaching plays a vital role. The core idea of this teaching method is to fully recognize the students' subjectivity of students, and on this basis, play the key role of teachers' guidance[2]. The role of teachers has changed from a traditional knowledge transmitter to a guide who inspires students to explore and think actively. In the specific teaching activities, teachers create diverse dance situations to stimulate students' exploration desire and cognitive needs. By asking enlightening questions, the teacher guides the students to deeply understand the internal logic and skills of the choreography. At the same time, through organizing group discussions, teachers encourage students to actively find and solve problems, so as to cultivate their innovative spirit and the ability to solve problems independently.

### 2.2 Case teaching

The case teaching method shows its unique effect in the choreography teaching. Through in-depth analysis of classic dance works, teachers can help students to have a deep understanding of the creative process, thinking mode and technical application of dance choreography[3]. When choosing cases, teachers should carefully select representative works, covering different styles such as classical dance and modern dance, for students to analyze from multiple angles and deeply. This method not only helps students to master the basic skills of choreography, but also can improve their aesthetic appreciation and creative level, so that their appreciation and creation of dance works are more in-depth and extensive.

### 2.3 Practical teaching

Practical teaching plays an indispensable role in the course of choreography. It closely combines abstract theoretical knowledge with concrete practical operation, and provides a platform for students' practical operation and exercise[4]. In practical teaching, teachers should guide students to fully participate in the choreography, directing, performance and other links, so that students can learn and master the skills of choreography in practical operation. Through this way of full participation, students can not only improve their practical skills, but also cultivate the spirit of cooperation in teamwork, so as to comprehensively improve their comprehensive quality.

## **2.4 Interactive teaching**

Interactive teaching emphasizes the two-way interaction and communication between teachers and students, aiming to stimulate students' enthusiasm for learning and improve the effect of teaching activities[5]. In this teaching mode, teachers can adopt a variety of interactive forms, such as group discussion, role-playing, etc., to promote students' active participation. When discussing the skills of choreographers, teachers encourage students to have group discussions, exchange their understandings and opinions, and integrate theory into practice through activities such as playing a role. This teaching method helps to create a relaxed and happy learning environment, allowing students to master the knowledge of choreographers in a relaxed atmosphere, and enhance their learning motivation.

## **3. Choreographer practical ability improvement strategy**

### **3.1 Strengthen the practical teaching links**

Practical teaching plays a vital role in the choreography education, and it is the cornerstone of improving students' practical ability. In order to strengthen this link, schools should re-examine the curriculum, significantly increase the proportion of practical teaching, and ensure that students have enough opportunities to apply theoretical knowledge into practice. In addition, teachers should pay full attention to students' individuation and ability differences, and adopt the method of teaching students in accordance with their aptitude to guide students specifically, so as to improve the overall quality of practical teaching. Through this personalized teaching, students can grow faster in practice and better master the skills of choreography.

### **3.2 Build a practice platform**

In order to enable students to get exercise in the real choreography environment, the school should actively integrate with the industry, establish cooperative relations with enterprises and theaters, and jointly build a practical platform. Such a platform can not only provide students with internship and practical training opportunities, but also allow them to experience the whole process of choreography in practical work. At the same time, schools should encourage students to actively participate in dance competitions, creative activities, etc., to broaden the scope of practical learning through these channels, and to enhance students' practical experience and social adaptability.

### **3.3 Pay attention to the construction of the teaching staff**

The quality of the teachers directly affects the practical ability of the students majoring in choreography. Therefore, the school should pay attention to the construction of the teaching staff, and improve the professional level and practical teaching ability of the teachers through regular training and communication. In addition, the introduction of excellent choreographer talents with rich practical experience is also an important way to improve the overall level of the teaching staff. Such a teaching team can better guide students and integrate practical experience into teaching, so as to improve students' practical ability.

### **3.4 Improve the evaluation system**

Establishing a scientific and reasonable evaluation system is crucial to motivate students to improve their practical ability. The system should comprehensively and objectively evaluate the students' performance of choreography in the practice of choreography, not only pay attention to the final results, but also pay attention to the practice process. Through such an evaluation system, students can be more clearly aware of their own advantages and disadvantages, so as to carry out targeted self-improvement. At the same time, the evaluation system should also have the incentive function to stimulate students' enthusiasm and creativity through positive feedback, and promote their continuous progress in the practice of choreography.

## **4. Conclusion**

The reform of dance choreography teaching methods and the enhancement of practical abilities are inevitable trends in the development of dance education. Through the application of heuristic, case-based, practical, and interactive teaching methods, as well as strategies such as strengthening practical teaching links, building practical platforms, focusing on the construction of the teaching staff, and perfecting the evaluation system, the quality of dance choreography talent cultivation can be effectively improved, contributing to the prosperity and development of China's dance industry. However, the teaching of dance choreography and the enhancement of practical abilities are a long-term and systematic process that requires continuous exploration and innovation from the broad masses of dance educators, in order to cultivate more outstanding dance choreography talents.

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