

# Protection and Sustainable Development of Chinese Ethnic Folk Dance: a Strategic Study Based on the Perspective of Dance Performance

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**Abstract:** This paper conducts an in-depth study on the protection and sustainable development strategy of Chinese folk dance from the perspective of dance performance. First, the inheritance crisis faced by Chinese folk dance in modern society is analyzed, including ecological environment destruction, diversification of entertainment methods, and the impact of Western dance culture. Through literature review, the current research status of the protection and sustainable development of folk dance at home and abroad is sorted out, and it is found that the existing research has shortcomings in the evaluation of the effectiveness of protection measures, integration with modern technology, and innovation of market promotion models. Based on this, this paper proposes a protection and sustainable development strategy from the perspective of dance performance, covering talent training, record organization, cultural ecology construction, dance innovation, market promotion and international exchange, aiming to provide theoretical support and practical guidance for the inheritance and development of folk dance in modern society and promote cultural diversity. The research results show that the implementation of these strategies will help promote the inheritance and development of Chinese folk dance in modern society and give it new vitality in the new era.

**Keywords:** folk dance, dance performance, protection, sustainable development, strategic research

## 1. Introduction

Folk dance is an important part of Chinese national culture, with rich artistic connotations and unique cultural values. It not only reflects the lifestyles, customs and aesthetic tastes of various ethnic groups, but also carries the historical memory and spiritual pursuits of the nation. However, in the rapid changes of modern society, the inheritance of folk dance faces many challenges. On the one hand, with the acceleration of urbanization, a large number of rural people have poured into cities, leading to the gradual decline of traditional villages. Folk dance mostly originates from the labor life in rural areas, and the ecological environment on which it depends for survival has been damaged. On the other hand, modern society's entertainment methods are showing a diversified trend. New entertainment forms such as movies, television, and online videos are emerging in an endless stream, occupying a lot of people's leisure time, which has caused the audience of folk dance to shrink continuously, especially the younger generation's interest in traditional dance is declining.[1]

In addition, the impact of Western dance culture has also had an adverse impact on the inheritance and development of folk dance. Under the strong penetration of Western culture, people's aesthetic concepts have gradually changed, and they are more inclined to pursue dance styles with novel forms and strong rhythms. The performance forms of folk dances are relatively traditional and simple, which is difficult to meet the needs of modern people for visual impact, and thus marginalized to a certain extent. Most of the inheritors of folk dances are older generations. Due to the lack of a systematic inheritance mechanism and effective protection measures, many young people are unwilling to learn traditional dances, resulting in a gradual decrease in the number of inheritors, and a fault crisis has occurred in the inheritance of folk dances. Under this severe situation, in-depth research on the protection and sustainable development of folk dances is of great practical significance.

With the in-depth development of globalization, cultural diversity is facing unprecedented challenges. All countries and ethnic groups are actively exploring effective ways to protect and inherit their own national cultures. As an important part of intangible cultural heritage, the protection and sustainable development of folk dances has become the focus of international attention. In my country, facing the dilemma of the inheritance of folk dances, many scholars and cultural workers have carried out relevant research, trying to find solutions for the inheritance and development of folk dances from different angles. Some studies focus on the historical origins and cultural connotations of ethnic folk dances, and provide a theoretical basis for protection work by deeply exploring the national spirit and cultural values behind them; other studies focus on the educational inheritance of ethnic folk dances, exploring how to better inherit the skills and cultural essence of ethnic folk dances in dance teaching and cultivate a new generation of inheritors.[2]

Although there have been some research results, in actual operation, the protection and sustainable development of ethnic folk dances still face many problems and difficulties. For example, how to maintain the unique charm and regional characteristics of ethnic folk dances in the multicultural environment of modern society, how to balance the traditionality and modernity of ethnic folk dances so that they can meet the aesthetic needs of modern audiences without losing their national spirit core, these are urgent problems to be solved. In this context, this study focuses on the perspective of dance performance, and attempts to start from this unique entry point to explore in depth the protection and sustainable development strategies of ethnic folk dances, in order to contribute new ideas and methods to research and practice in this field.

## **2. Research Purpose and Scope**

### **2.1 Research Purpose**

In the context of the new era, Chinese folk dance, as an important part of China's excellent traditional culture, has encountered many difficulties in the process of inheritance and development, and it is urgent to explore effective protection and sustainable development strategies. This study aims to cut in from the unique perspective of dance performance, comprehensively analyze the survival status of folk dance in modern society, reveal the difficulties and bottlenecks it faces, and then propose practical solutions to promote the inheritance and innovation of folk dance, so that it can be revitalized in the new era. Specifically, first, to provide theoretical support for the protection and development of folk dance, enrich and improve the theoretical system of dance protection and development, inject new theoretical resources into the construction of dance disciplines, and help deepen and expand relevant theories. Second, to provide specific practical guidance for dance educators, performing artists, cultural managers, etc., by clarifying the methods and paths of talent training, performance innovation, market promotion, etc., to help them more effectively carry out the teaching, creation and inheritance of folk dance, enhance the influence and appeal of folk dance in modern society, meet people's demand for folk dance culture, and enrich people's spiritual and cultural life.[3]

### **2.2 Research scope**

This study focuses on the rich and colorful folk dances of various ethnic groups in China, covering many key aspects such as the historical origins, cultural connotations, performance forms, techniques, styles, and inheritance mechanisms of ethnic folk dances. In terms of historical origins, the origin background and development context of different ethnic folk dances are deeply explored, and their characteristics and evolution laws in different historical periods are sorted out, such as the historical origins of Miao bronze drum dance and Uyghur Muqam dance. In terms of cultural connotations, the deep-seated elements of ethnic culture, religious beliefs, folk customs, etc. contained in ethnic folk dances are analyzed to reveal their important value as a carrier of ethnic culture. In terms of performance forms, the stage presentation, performance space, and performance customs of ethnic folk dances are studied to explore how to better show their unique performance charm on the modern stage. In terms of techniques and styles, the typical movements, rhythms, rhythms and other technical characteristics of ethnic folk dances, as well as diverse styles such as bold, delicate, simple, and gorgeous, are analyzed to provide professional guidance for dance performances. The inheritance mechanism research focuses on the inheritance model, inheritance population, and inheritance policy of ethnic folk dances, and explores how to build an effective inheritance system to ensure its continuity. At the same time, through the systematic sorting and analysis of relevant research results at home and abroad, the research issues and objectives are further clarified, laying a solid foundation for proposing targeted and forward-looking strategic suggestions, aiming to provide comprehensive and in-depth strategic suggestions for the protection and sustainable development of Chinese ethnic folk dances.[4]

## **3. Research Methods**

This study mainly adopts the literature research method to systematically sort out and analyze the research results on the protection and sustainable development of Chinese ethnic folk dance at home and abroad.

In terms of literature collection, relevant academic literature is widely collected through various channels, including academic journals, dissertations, books, research reports, etc., to ensure the comprehensiveness and authority of the research materials. In China, academic databases such as CNKI, Wanfang Data, and VIP Journals were mainly searched, and professional dance journals such as "Dance" and "Journal of Beijing Dance Academy" were selected, as well as comprehensive journals related to ethnic culture and art such as "National Art" and "Cultural Heritage". At the same time, dissertations of universities and research institutions such as Minzu University of China and China Academy of Arts were referenced. Internationally, internationally renowned academic databases such as Web of Science were searched, and international authoritative academic journals such as "Journal of Folklore Research" were selected.

In terms of literature screening, a large number of collected documents were carefully screened and classified according to the research theme and purpose. Representative research results were selected, focusing on those documents that have in-depth discussions on the historical origins, cultural connotations, inheritance models, protection status and sustainable development strategies of Chinese ethnic folk dances.

In terms of literature analysis, the domestic research results were first analyzed in detail. From the perspective of historical origins, many scholars have conducted in-depth research on the origin and development of folk dances of various ethnic groups in China. By analyzing these research results, we can clearly understand the characteristics and evolution laws of different ethnic folk dances in different historical periods. In terms of cultural connotation, scholars have deeply explored the close connection between ethnic folk dances and national culture, religious beliefs, folk customs, etc., revealing its important value as a carrier of national culture. In terms of inheritance mode, the traditional Chinese master-apprentice inheritance and family inheritance modes are analyzed, and the challenges and problems faced by these modes in modern society are discussed. In terms of protection status, the measures taken and achievements made in the protection of ethnic folk dances in China are summarized, and the shortcomings are also analyzed. In terms of sustainable development strategies, the strategies proposed by domestic scholars, such as integrating ethnic folk dances with modern dance education, innovatively arranging dance works, and promoting the industrialization of dance, are sorted out.

Then the foreign research results are analyzed. Foreign scholars mainly study Chinese ethnic folk dances from the perspectives of cultural anthropology and cross-cultural communication. In terms of cultural interpretation, they used the perspective of dance anthropology to deeply explore the presentation and acceptance of Chinese folk dance in different cultural backgrounds, as well as how it conveys unique cultural connotations in cross-cultural situations and is understood and accepted by audiences from different cultural backgrounds. In terms of international communication and dissemination, they studied the performance activities, cultural exchange activities, and dance teaching promotion strategies of Chinese folk dance abroad, and analyzed the role of these activities in enhancing the international popularity and influence of Chinese folk dance and the problems that exist.

Finally, based on the systematic sorting and analysis of domestic and foreign literature, the achievements and shortcomings of existing research were summarized from the aspects of research content, research methods, and research perspectives. In terms of research content, domestic research has achieved fruitful results in the historical origins and cultural connotations of folk dance, but the research on folk dance of ethnic minorities in some remote areas is relatively weak, and there is little research on the evaluation of the implementation effect of protection measures; foreign research has certain advantages in the cultural interpretation and international dissemination of folk dance, but the research on the inheritance mechanism and protection practice of folk dance is not in-depth enough. In terms of research methods, domestic research mostly adopts traditional methods such as field investigation and literature research, and the use of modern scientific and technological means and interdisciplinary research methods is relatively insufficient; foreign research is more diversified in research methods, focusing on empirical research and interdisciplinary cooperation. In terms of research perspective, domestic research mainly starts from the perspectives of national cultural heritage and artistic aesthetics, while foreign research pays more attention to the performance and significance of national folk dance in cross-cultural communication.[5]

In summary, by adopting the literature research method, this study provides a solid theoretical foundation and rich empirical support for further proposing a protection and sustainable development strategy based on the perspective of dance performance on the basis of a comprehensive understanding of the current status of research on the protection and sustainable development of Chinese national folk dance at home and abroad.

## **4. Research results**

### **4.1 Current status of research on the protection of Chinese ethnic folk dances at home and abroad**

#### **(1) Domestic research.**

There are many fruitful results in the research on the protection of Chinese ethnic folk dances in China. Many scholars have deeply explored the origins and development of various ethnic dances, clearly demonstrated their evolutionary trajectories in different historical stages, and deeply analyzed the close relationship between dance and national culture, religious beliefs, and customs. As an important carrier of national culture, ethnic folk dance vividly reflects the lifestyle, spiritual outlook, and cultural heritage of various ethnic groups. In terms of inheritance model, scholars point out that the traditional family-style and master-apprentice inheritance model faces many challenges in modern society, and its stability and integrity are threatened. To this end, some scholars have proposed protection strategies such as establishing inheritance bases and cultivating inheritors. The construction of inheritance bases aims to provide a stable inheritance space and resource support for ethnic folk dances, and cultivate a new generation of inheritors through systematic teaching and practice. At the same

time, it emphasizes the important role of the community in inheritance, believing that the community is the soil for the survival and development of folk dances. Community cultural activities, festivals and ceremonies should be used to enhance the sense of identity and participation of community residents in folk dances, and promote the natural inheritance of dances in the community.[6]

(2) Foreign research.

Foreign research on Chinese folk dances mainly focuses on cultural interpretation and cross-cultural communication. Foreign scholars use the perspective of dance anthropology to deeply explore the presentation and acceptance of Chinese folk dances in different cultural backgrounds. They focus on how folk dances convey their unique cultural connotations in a cross-cultural context, and how audiences from different cultural backgrounds understand and accept these dance forms. Foreign scholars have also studied the dissemination and promotion strategies of Chinese folk dances overseas, including international tours of dance groups, the organization of cultural exchange activities, and the development of dance teaching overseas, providing theoretical support and practical guidance for the further dissemination of folk dances internationally.

## **4.2 Current status of research on the sustainable development of Chinese folk dances at home and abroad**

(1) Domestic research.

China has actively explored the integration of folk dances and modern dance education. Integrating elements of ethnic folk dance into the modern dance teaching system can not only enrich the connotation of dance education, but also cultivate more talents with ethnic dance literacy. Some colleges and art schools have increased the teaching proportion of ethnic folk dance in the dance curriculum. Through systematic curriculum design and teaching practice, students can deeply understand and master the basic skills and cultural connotations of ethnic folk dance. In terms of dance creation and innovation, scholars emphasize the innovative arrangement of dance works based on the aesthetic needs of contemporary audiences while maintaining the characteristics of ethnic dance. By introducing the creation techniques and technologies of modern dance, ethnic folk dance is reinterpreted and performed to make it more contemporary and attractive. In addition, research on market promotion has also achieved certain results. Scholars explore how to use the modern market economy mechanism to promote the industrialization of ethnic folk dance. By creating influential dance brands and holding large-scale dance performances, the market competitiveness and social influence of ethnic folk dance can be improved.

(2) Foreign research.

Foreign research on the sustainable development of Chinese ethnic folk dance mainly focuses on the two fields of international exchange and cultural and creative industries. Foreign dance institutions and scholars actively promote international exchanges and cooperation in Chinese folk dances, and provide a broader display platform for folk dances by organizing international dance festivals, cultural exchange years and other activities. These exchange activities not only enhance the international popularity of folk dances, but also promote mutual learning and integration of dance cultures in different countries and regions. From the perspective of cultural and creative industries, foreign scholars focus on how to combine the resource development and utilization of Chinese folk dances with modern cultural and creative industries, explore the derivative applications of dance in film, television, tourism, fashion and other fields, and provide new ideas and approaches for the sustainable development of Chinese folk dances.

## **4.3 Research status on dance performance perspective**

(1) Domestic research.

The domestic research results in folk dance performance skills, performance styles, actor training and other aspects are fruitful. Scholars have conducted a detailed analysis of the typical performance movements and rhythms of different ethnic dances, revealing the unique artistic charm and cultural connotation of folk dances. For example, the study of the shaking knees and hip swinging movements of Tibetan dance shows the agility and boldness of Tibetan dance; the study of the three bends and peacock gestures of Dai dance shows the softness and elegance of Dai dance. Through the study of these performance techniques and styles, dancers are provided with a deeper understanding of roles and a basis for emotional expression. In domestic dance education and practice, the training methods of folk dance actors have also been systematically studied. From the training of physical fitness to the improvement of cultural accomplishment, from the mastery of performance skills to the enhancement of stage performance, a relatively complete training system has been formed, providing solid talent support for the inheritance and development of folk dance.

(2) Foreign research.

Foreign research on dance performance theory and practice has provided useful inspiration for the development of folk dance. Foreign advanced dance performance teaching methods, such as the American ballet teaching system and the

Russian ballet performance method, emphasize the scientific training of actors' bodies and the comprehensive cultivation of artistic accomplishment. These methods have certain reference significance in the training of folk dance actors. In addition, foreign innovative research on stage performance forms is also worthy of attention. For example, bold attempts in stage lighting, costume design, and music coordination have provided new visual and auditory effects for the stage presentation of folk dance, enhancing the appeal and appeal of dance. By learning and drawing lessons from foreign dance performance theories and practices, we can inject new vitality into the development of folk dance performances and promote its further development on the international stage.

## **5. Conclusion**

### **5.1 Achievements and Contributions of Existing Research**

Research on the protection and sustainable development of Chinese folk dance at home and abroad has laid a solid foundation for the development of this field. In the excavation, compilation and inheritance of folk dance, many scholars have recorded and preserved rich dance materials through in-depth research, including details of dance movements, music, costumes, etc. These research results not only help us better understand the historical and cultural background of folk dance, but also provide valuable material support for subsequent protection and inheritance work. For example, some studies on the historical origins and cultural connotations of folk dance reveal the close connection between dance and national culture, religion, and customs, enabling us to understand the cultural value contained in these dance forms from a deeper level. In terms of sustainable development, research on dance innovation and education has injected new vitality into the development of folk dance. By exploring the integration of folk dance elements into the modern dance teaching system, and innovatively arranging dance works on the basis of maintaining the characteristics of folk dance, these studies provide new ideas and methods for the inheritance and development of folk dance in modern society.

### **5.2 Research deficiencies and limitations**

Although there have been some research results, there are still many deficiencies in the current research. In terms of protection, there is not enough attention paid to some minority ethnic folk dances in remote areas. These dance forms face a greater risk of loss due to their remote geographical location and small number of inheritors. At the same time, there is a lack of systematic research on the evaluation of the implementation effect of protection measures, which makes it difficult for us to accurately judge the effectiveness and sustainability of existing protection measures. In terms of sustainable development, the depth and breadth of the integration of dance and modern technology are not studied enough, and modern scientific and technological means have not been fully utilized to provide stronger support for the inheritance and development of ethnic folk dance. In addition, there is little research on the innovation of market promotion models, which limits the dissemination and development of ethnic folk dance at a broader social level. Current research focuses on performance skills or a single field, but fails to closely combine it with protection and sustainable development for systematic discussion. This relatively scattered research pattern limits the overall development of ethnic folk dance, and further interdisciplinary and comprehensive research is needed.

This paper conducts an in-depth study on the protection and sustainable development of Chinese folk dance. In the introduction, the research questions and objectives are put forward, pointing out the important position of folk dance in Chinese culture and the current situation of its inheritance crisis, and emphasizing the urgency of studying this topic. In the literature review, the research results on the protection and sustainable development of folk dance at home and abroad are systematically sorted out and analyzed, including the historical origins, cultural connotations, inheritance models, protection status and sustainable development strategies of folk dance, revealing the achievements and shortcomings of existing research. Based on this, this paper proposes a strategy for the protection and sustainable development of Chinese folk dance from the perspective of dance performance, covering talent training, document recording, cultural ecology construction, dance innovation, market promotion and international exchanges, aiming to provide theoretical support and practical guidance for the inheritance and development of folk dance in modern society.

### **5.3 Summary of research results**

This study has achieved fruitful results. First of all, from the perspective of dance performance, it provides systematic strategic suggestions for the protection and sustainable development of Chinese folk dance. In terms of talent training, it proposes to improve the dance education system and establish a training model that combines inheritors with university education to cultivate more performing talents with professional skills and cultural literacy. In terms of document recording and organization, it emphasizes the use of modern scientific and technological means to comprehensively record ethnic



folk dances and establish a digital archive to provide rich data resources for protection and inheritance. At the same time, it explores the way to combine the construction of cultural ecological protection areas with dance performance activities, and enhances the survival soil and cultural atmosphere of dance in the local area by holding ethnic dance festivals, community dance performances and other activities. In terms of sustainable development, it proposes ideas for dance innovation and creation, such as drawing inspiration from ethnic culture for creation, promoting the integration and innovation of dance and other art forms, and expanding the artistic expression and appeal of dance performances. In terms of market promotion and brand building, it studies how to expand the audience and market coverage of ethnic dance by creating ethnic dance brand activities and using Internet platforms for online promotion. In addition, it explores ways to strengthen international exchanges and cooperation, such as organizing dance troupes to participate in international dance festivals and conducting international cooperative research projects, so as to enhance the international influence and competitiveness of Chinese ethnic folk dances. The implementation of these strategies will help promote the inheritance and development of Chinese ethnic folk dances in modern society and promote cultural diversity.

### 5.4 Research deficiencies and prospects

Although this study has achieved certain results, there are also some deficiencies. In terms of research methods, due to time and resource constraints, we were unable to fully conduct field surveys in some ethnic areas, resulting in incomplete data, which may have affected the comprehensiveness and accuracy of the research results. In terms of research depth and breadth, we did not pay enough attention to some emerging dance performance technologies and industrial development trends. For example, there are few studies on the application of virtual reality (VR) and augmented reality (AR) technology in dance performances, and we have not explored in depth their potential impact on the inheritance and development of ethnic folk dances.

In the future, the protection and sustainable development of Chinese ethnic folk dances can be further explored in the following directions. First, we should strengthen the research on the integration of ethnic folk dances with modern science and technology, make full use of cutting-edge technologies such as virtual reality and augmented reality to provide new means and platforms for the creation, performance and dissemination of dances, create immersive dance experiences, and attract more young people to pay attention to and participate in ethnic folk dances. Secondly, we should pay attention to the cultural identity and inheritance of ethnic dances in the context of globalization, study how to maintain the cultural characteristics and spiritual connotations of ethnic folk dances in cross-cultural exchanges, enhance the international competitiveness and influence of ethnic dances, and promote the overseas dissemination and inheritance of ethnic dance culture. In addition, we should further explore the educational value of ethnic folk dance, explore how to better integrate ethnic folk dance courses into education at all levels of schools, cultivate students' cultural confidence and artistic literacy, and cultivate more reserve talents for the inheritance and development of ethnic folk dance. Finally, we should strengthen the research on the industrialization of ethnic folk dance, explore how to promote the sustainable development of ethnic folk dance through market-oriented operation and business model innovation, and make it play a greater role in the economy and society. Through these in-depth studies, we hope to provide more theoretical support and practical guidance for promoting the long-term prosperity and development of Chinese ethnic folk dance, so that this precious cultural heritage can be revitalized in the new era.

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