

## DANCE SPORT: STATE, PROBLEMS AND WAYS OF IMPROVEMENT

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The authors consider the dance sport as a sport. The history of the development of dance sports and its current state are presented. A review of scientific publications on this topic was conducted on the website of Elibrary. Different directions of sports dances are considered.

**Keywords:** *dance sport, sports dances, dance as a sport.*

**Relevance of the topic.** The relevance lies in the fact that there is still a lot of discussion about whether dance should be considered as a sport. Sport is an activity involving physical activity and skills, in which one person or team competes with others for fun. According to the latter, dancing should be allowed under a sports roof, although there is much controversy around this.

The main counterarguments are that there is no direct competition in dance, no objective assessments and no rules. Let's look at the first option: direct competition means that teams or individuals have to act on the spot to make sure that the opposing team/individual doesn't win. But in many modern sports, this factor is not there, such as ice skating, skiing or snowboarding — all of them just try to show their best side, and rarely encounter rivals [5].

Dancing requires a lot of practice, as well as concentration and endurance. Some dances require more flexibility than others, some faster, some slower, some may even require a little gymnastics.

The other aspect of dance is the artistic side of it, and that's another argument against dance being a sport, but dance is both, depending on the circumstances in which it's performed [10].

Dancing, like any other sport, requires skill, practice, concentration, technique and endurance. Dancing puts a lot of physical pressure on the body, which helps to stay healthy and fit.

**Problem.** The problem lies in the lack of knowledge of dance sports as a sport.

**Goal.** The purpose of the work is to review scientific publications on this topic and to study the dance sport as a sport.

### Tasks

1. Explore the history of the emergence of dance sports.
2. Define the concept of dance sport and identify its features.

3. To study dance sport as one of the directions of modern sports.

### Methods and materials of research

1. Study of scientific literary sources.
2. Analysis of selected articles.
3. Collection of data obtained.
4. Registration of the results of the study.

### Results obtained during the study

#### *1. The history of the emergence of dance sport as a sport*

One of the key features of the current stage of development of physical culture and sports is the emergence of new non-traditional sports. Ballroom dancing, which is a kind of synthesis of art and sports, has become increasingly popular in recent years. Due to its specificity, ballroom dancing has become a mass sport, in the last decade enjoying increased attention from the International Olympic Committee and other international organizations related to sports. Only in Russia more than 400 competitions of various levels and ranks are held annually with the support of regional federations and clubs [3].

At the same time, at the moment, the theoretical issues of modern dance sports, as well as the study of the formation of sports dances in retrospective, remain insufficiently developed. An important problem remains the development of a periodization of the history of dance sports.

The historical roots of the formation of ballroom dancing as a sport should be sought in Europe at the beginning of the last century. The progenitors of this sports direction can be called England and France. The first dance competitions were held in 1907 in Nice (tango tournament) and in 1909 in Paris (World Ballroom Dance Championships). It is with them that the birth of modern dance sports is associated [6].

England has made a great contribution to the development of competitive ballroom dance. The basis for the development of the genre was laid by

specialists from the British Association of Ballroom Dance Teachers (1892) and the Imperial Society of Dance Teachers (1904). They developed the main ideas and set the standards for the technique of execution. The “standard” European program included five dances, namely slow waltz, tango, Viennese waltz, slow foxtrot, fast foxtrot or quickstep. Blackpool dance festivals, which were held in England since 1921, thundered throughout the ballroom world, the “English style” of dance was recognized as dominant until the mid-30s [17].

On December 10, 1935, the first international amateur organization called FIDA (Federation International de Dance pour Amateur) was founded in Prague. In 1936, at the initiative of FIDA, the I World Amateur Ballroom Dance Championship was held in Germany, in which dancers from 15 countries took part [6].

In the 1940—50s, the organizational design of dance sports was completed. An innovation is the Latin American program (samba, rumba, pasodoble, jive, cha-cha-cha), the appearance of which led the acquaintance of Europeans with the incendiary dances of the Afro-Latin peoples.

At the end of the XX century, the term “dance sport” is firmly rooted and fixed in the names of two large organizations: the World Council for Dance and Dance Sports (WD & DSC) and the International Federation for Dance Sports (IDSF). Dance sport was officially recognized as a sport in 1997 when the IDSF became a member of the International Olympic Committee. There was a division of ballroom dance into two directions — sports (competitive) and amateur [9].

In Russia, the impetus for the spread of ballroom dancing was given by the decree of Peter I on assemblies, which obliged courtiers to organize open meetings in their homes, that is, marked the beginning of public balls. Balls of the Petrine era traditionally always began with a polonaise, then danced a minuet and a contradance. They became an integral part of the life of the Russian nobility of the XVIII century, all other leisure, as a rule, was subordinated to the preparation for balls. Peter I introduced the teaching of ballroom dancing as a compulsory subject in state educational institutions, thereby emphasizing the state importance of such an undertaking. Taking a place on a par with mathematics and foreign languages, dance became the most important element of the nobleman’s education [6].

At the end of the XIX — the beginning of the XX century, court balls, gradually penetrating into all segments of the city’s population, were replaced by

public balls and dance evenings. Dance classes became popular, where dance masters taught the basics of ballroom dancing and arranged their own dance evenings.

In the pre-war USSR, Western trends were rejected, so interest in ballroom dancing was lost, and they became the lot of a group of enthusiasts. In the early 30s, courses of ballroom and Western dances were opened in Moscow. Their graduates became dance teachers in schools, houses of culture, dance schools at Moscow parks [8].

A characteristic feature of the described period is the beginning of all-Russian and all-Union competitions. In 1965, the All-Russian Competition of Ballroom Dance Performers was held in stages in all cities of the country, in 1972 the I All-Union Ballroom Dance Competition was held with the inclusion of dances of the international program. The All-Union competition gathered 180 participants, and its program included the international part (10 dances), the historical part (4 dances) and the Soviet part (36 dances). In fact, holding such large-scale competitions meant that ballroom dancing received recognition at the all-Union level [3].

In the second half of the 70s, the amount of information increased, the dance program became more complicated. In this regard, the first professional pairs appeared in the Soviet Union: Popovs, Kamaitis, Norvaishi, Davidovsky. This period is characterized by strict censorship and control by the party bodies over the conduct of ballroom dance competitions, the work of dance studios and even the costumes of dancers. For ideological reasons, in opposition to Western programs, a Soviet program was created, the dances of which were a stylization of folk ones.

The next period (1980s) is characterized by the formation of the organizational structure (club system) of ballroom dancing, which is functioning at the present time. At international tournaments of socialist countries, at international amateur and professional tournaments, Soviet pairs began to constantly shine [6].

By the beginning of the XX century in the composition of the FTSD there were about two thousand dance clubs. About 80 thousand athletes with classification categories and the same number of beginners were employed in the field of sports dances. During the first 10 years of activity in the new millennium, the FTSD has brought up 16 honored masters of sports, 51 masters of sports of international class, 412 masters of sports, 904 candidates for master of sports and many dischargers [8].

Along with the positive aspects, the Russian dance sport faces many problems. This is the lack of state

funding, and the high cost of this sport due to the high prices for costumes, training, trips to competitions, and referee corruption, and the lack of coaches with good education.

So, the development of dance sports in Russia is a multidimensional and multifactorial process. Its formation is the fruit of cooperation of enthusiastic amateurs, professionals, state and public organizations. For several centuries, ballroom dancing from the entertainment of the elite of society turned into a separate sphere of social relations, which has the appropriate rules, and became a separate and universally recognized sport [3].

## **2. The concept of dance sport and its main features as a sport**

Dance sport is a sport officially recognized by the state and the Ministry of Sports, and, therefore, official ranks and titles are assigned (youth, adults, CMC, Masters of Sports, Masters of Sports of International Class).

Dancing is not only an art, but one of the sports. What is dancing not a sport, if in dance classes pupils also do exercises, give a load on the legs, arms and abs, because without all this a good dancer can not become. In addition, competitions and competitions of various levels are held all the time as well as in real sports. To add to everything at the dances there is choreography, where they are engaged in stretching ligaments — the same is done in a gymnast. There is also another proof that dancing can be considered a sport [5].

Previously, dancing was considered a kind of art. Today, it is customary to consider competitive ballroom dancing as an “artistic sport”. Why can dance be considered a sport? Because it requires from the dancer such qualities that are characteristic of most “real” sports [15].

Physical strength. Ballroom dancing in terms of the intensity of supports and the complexity of performing elements can be compared with ice dancing (many bundles came to ice dancing from ordinary dances).

Flexibility and coordination. These qualities are necessary for maneuvering on the floor and performing shapes and lines. Similar qualities are characteristic of such sports as diving, sailing, surfing, basketball and even football, but this is closest to gymnastics [7].

In any sport, as in dancing, there is a risk of injury. Isn't it strange that most dance injuries are classified as sports injuries? There are dozens of injuries that can happen in football. There are just as many in dance. In dance, there is the potential to break a bone in the leg if you land incorrectly in a jump. The lower leg

or calf muscle can also be damaged, and it can have to be repaired surgically. Dancers suffer from hyper-widening of the knees, which is when the knees are pulled back. Back injuries are common in dance. Muscle sprains and sprains of the ankles are common in running and other sports. but are also very common among dancers [13].

Musicality. All participants in dance sport competitions must demonstrate an understanding of music and rhythm in the same way as it is required in rhythmic gymnastics.

Endurance. Competitions in dance sports are held in several rounds — from preliminary to semi-final and final. There is a wide variety of dance competitions. These range from the well-known Blackpool Dance Festival, an event open to all, to competitions held exclusively for university students, such as competitions held by the Intercollegiate Dance Association in the UK [15].

Amateur competitions usually include competitions in which dancers are grouped by age, experience, or both. For example, competitions can group young dancers by age, for example: young (< 12 years old), juniors (12—16 years old) and young people (16—19 years old). Competitions can sometimes cover a wide range of ages, with groups such as: up to 21 years, adults, senior I (over 35 years old), senior II (over 45 years old), senior III (over 55 years old) and senior IV (over 65 years old) [7].

Participants can also be grouped by level of experience, with categories such as Beginner, Beginner, Intermediate, Amateur, and Amateur. They usually correspond to the number of dances that will be performed in competitions, with beginners performing one dance and amateurs performing five. In some competitions, they are divided into classes from A to E, where “A” corresponds to the amateur level, and “E” corresponds to the level “Beginner” [5].

Discipline and team spirit. A dance sport is a team sport. The team can be one pair. A team can consist of 16 members (8 pairs) in a formation competition. The discipline requirements of 16 people who perform up to 13 changes in the dance tempo, and at the same time constantly coordinate their position on the floor relative to other team members, are much higher compared to other sports [15].

There is still much debate about whether dance should be treated as a sport. Sport, by definition, is an activity involving physical activity and skills in which a person or team competes with each other for fun. According to the latter, dancing must be resolved

under a sports roof, although there is a lot of controversy around this.

The main counterarguments are that there is no direct competition in dance, no objective assessments and no rules. Let's look at the first option: direct competition means that teams or individuals have to act on the spot to make sure the opposing team/individual doesn't win. But in many modern sports, this factor is not there, such as skating, skiing or snowboarding — all of these sports are just trying to show their best side and rarely face rivals [13].

When it comes to subjective or objective assessments, the first thing that comes to mind is whether football fans think the refereeing is objective. Of course, it's a little different, and there are still strict rules by which sports games are judged. Dancing in this case is similar to gymnastics and skating, which can be said to be subjective. However, there are still rules that need to be followed and techniques that need to be honed. And when it comes to creating a dance program, no dancer will say that there are no rules to follow. Each individual competition sets its own rules, which may include certain sets of moves, a time limit, appearance rules, etc. [21]

This applies to competitive dances, and of course, when it comes to dancing for pleasure, many of the above rules do not apply. But then, if we are talking about playing sports not professionally or for competitions, but simply to maintain shape, all this also does not matter. When a person swims to stay in shape, he does not think about outsmarting someone, but still follows the rules and techniques of swimming. It's the same with dancing, learning technique and rules, and dancing for fun and to stay healthy.

Dancing takes a lot of practice, whether it's for competition or for your own leisure time. You can't just start dancing without practicing and without knowing technique [19].

It also requires concentration and endurance, and love for what you're doing — without it, it's almost impossible to succeed in dancing. In addition to practicing and perfecting your techniques, you also have to consider innate skills, and that's where it's important to look at your body and what it can do to choose the right style. Some dances require more flexibility than others, some faster, some slower, some may even require a bit of gymnastics [15].

The other aspect of dance is its artistic side, and it's another argument against dance being a sport. However, dance is both, depending on the circumstances in which it is performed. Dance as a performance

is very popular, especially for dances such as ballet, flamenco and linear dance [13].

Dancing, like any other sport, requires skill, practice, concentration, technique and endurance. Dancing puts a lot of physical strain on the body, which helps you stay healthy and fit. However, dancing (or at least some styles) is more gentle than most sports, and therefore the likelihood of injury is less. And, as in sports, there are also options to do professional dancing and compete, or just do it for yourself [18].

### ***3. Dance sport as one of the directions of modern sports***

Undoubtedly, in terms of external form, physical activity, dance is one of the means of physical culture. The second side of the dance is its internal content. This internal content of the dance (and after it the external form) originates from the beliefs and rituals of our distant ancestors. Dance acquires the meaning of a “transmitter” (repeater) of culture [2].

In addition, dance was and remained a means of forming a certain mental state (readiness for activity, ecstasy, sensory expression and perception, transmission of images, movements, emotions, etc.), experiences, values.

Dance has been used since ancient times as a means of physical education of children due to its accessibility, emotionality, and the ability to spend energy. This purpose of dance has biological roots. This is the need of children to move, imitate, maintain a musical rhythm. The rhythm of the dance determines the level of physical activity and its intensity, the duration of the dance characterizes the amount of physical activity. The types of dances that are used for the physical education of children, as historical experience shows, are associated with the climate, time of year, labor characteristics, traditions and beliefs [20].

In India and China, dance is also a form of psychophysical education. Complexes of movements are clothed in a continuous dance form with a subtle transfer of the form and meaning of movements through postures, rhythms, dynamics of tension and relaxation, accurate conditional movements of large and small parts of the body. A system of movements arises on the basis of the texts of sacred books, rituals, traditions [4].

Dance sport as a sport continues to develop throughout the history of existence. So, at present it is customary to distinguish the following types of sports dance:

Acrobatic rock and roll is a mixture of fast-paced and dynamic dance and acrobatic elements performed to the music of rock and roll. Since the 1950s, it has evolved into a sport that has little in common with the original

rock and roll. Modern rock and roll is a sport in which high-precision movements are performed with great speed and which brings the spirit of an exciting show to the audience. An associate member of the WDSF, the World Rock and Roll Confederation, operates acrobatic rock and roll [15].

Boogie-woogie is characterized by fast footwork and lack of choreography. It is a “guided” dance that requires harmony between couples and is danced to the hot rhythms of the 1940s and 1950s. As a competitive dance, boogie-woogie basically differs from rock and roll in that it does not have a worked out choreography. An associate member of the WDSF, the World Rock and Roll Confederation, governs boogie-woogie [4].

Breaking (also called b-boying or bi-gerling) is an urban dance style that originated in the mid-1970s in the Bronx neighborhood of New York City. The first innovators of breaking were African-American and Puerto Rican boys. Over the next ~40 years, breaking went from its roots in the Bronx to an internationally recognized cultural art form in which elements of urban dance are intertwined with extraordinary athleticism [15].

Disco dance evolved from a disco culture in the 70s. Modern disco dance signum is a combination of soft and hard movements, an explosive, energetic dance performed at a high tempo. Basic movements are pumping the body with the basics on compression and release. Disco dance involves basic steps mixed with technical movements in the form of various types of pirouettes, kicks and jumps.

Hip-hop dance is an umbrella term consisting of dancing at secular parties performed to hip hop and rap music. Hip-hop dance is often divided into three main eras: Oldschool, Midscool and Newschool. The first era is associated with breaking, the original dance of hip-hop culture. Old school hip hop is initially performed to the rhythm of soul, funk, jazz and swing, rhymes and grooves. Old school hip hop is closely associated with folk jazz dances. It is known that the change in music from old jazz occurred with DJ Kool Herc and turntablism on August 11, 1973 in the Bronx, New York. “Breakbeat” was invented as “new” music, to which Bboys and Bgirls danced at block parties [4].

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to which Bboys and Bgirls danced at block parties. These meetings often took place on the street, and it was here that ciphers and battles took place, which are the basis of hip-hop dance. High school hip hop music was influenced by the sound of “Boom Bap”, which is different from the sound of the old school. At the turn of the new millennium, hip-hop music has become widespread around the world and is now one of the most popular genres in the world. It has evolved from an underground subculture into a mainstream popular industry [20].

Other dance styles closely associated with hip-hop culture are funk dancing, locking, popping, and Electric Boogaloo. These styles played a big role in the birth of hip-hop culture, as young “hip hop heads” drew a lot of inspiration from watching a TV show called “The Soultrain.” These styles were danced to funk music and were originally American West Coast dances.

The five Latin American dances are samba, cha-cha-cha, rumba, pasodoble and jive. With their heritage in Latin American (samba, cha-cha-cha, rumba), Hispanic (pasodoble) and American (jive) cultures, they each have their own distinctive features, but they coincide in expressiveness, intensity and energy [2].

Para-dance sport is an extremely elegant, graceful and stylish sport that involves athletes with physical disabilities affecting the lower extremities. Participants can compete in a combined style, dance with an able-bodied partner (standing) or dance a duet for two wheelchair users. In a group dance, only wheelchair users or with able-bodied partners participate, while in a single dance, a wheelchair user dances alone. The International Paralympic Committee (IPC) regulates parade-dance sports [4].

Rhythm. Dances in this discipline consist of cha-cha, rumba, swing, bolero and mambo. Sometimes samba, merengue and swing on the West Coast are also included in this discipline for competition. These dances have slightly different rhythms with a more mundane interpretation than international Latin. Basic calculations, as well as leg and hip movements, are also different. The disciplines of rhythmic and international Latin have different styles and dance figures in their curricula [2].

Salsa has its origins in Cuba, developed throughout the Caribbean and Latin America, and today it is one of the most popular dance styles around the world [20].

Smooth dances. There are four dances in this discipline, namely waltz, tango, foxtrot and Viennese waltz. In this discipline, in addition to the closed-grip

position, dancers are also allowed to dance in a position where they let each other go. They also have the opportunity to split up and dance solo acts.

The mission of Special Olympics is to provide year-round athletic training and athletic competitions in a variety of Olympic-type sports for children and adults with intellectual disabilities, providing them with ongoing opportunities to develop physical fitness, show courage, joy, and participate in the exchange of gifts, skills, and friendships with their families, other Special Olympics athletes, and the community. Dance sport was recognized as the official sports discipline of the Special Olympics [4].

Stage dance because of the versatility of smooth dances to master this dance discipline is also more difficult. Smooth dances also have stylistic differences from international standards. A special certification is required to make a decision on this dance discipline.

Contemporary dance is based on a rebellion against classical technique. Dance is an interpretive procedure and can be defined as a free-style dance, and should involve movements of balance, control, and stretching. He uses the whole body, all possible movements of the body, creating new forms, creating new compositions and space for experiments. Experimental or original technique and choreography are welcome, but basic technique remains and remains important. The use of gravity should prevail, which is expressed in “mundane” dancing and modern work on the floor. Modern methods are based on Lymon, Cunningham, Graham, Laban, Duncan and others [20].

Originally, jazz dance was developed for entertainment and can refer to folk jazz, Broadway or theatrical jazz; therefore, the basic steps seem spectacular. Folk jazz can be danced like Lindy Hop and, for example, Charleston. Broadway and theatrical jazz is the basis of stage dance. Bob Fosse is one of those who popularized this style. Jazz techniques include isolation, layout, turns, kicks, jumps, turns, pas du bourret, jazz hands, alignment, placement, stretching, use of port de bras, jazz walks... like some of the typical movements. Since many influences surround jazz dance, other styles may be incorporated into jazz dance, but they can never dominate the recognized styles of jazz dance [2].

In the future, as it is believed, specialists in this field can be supplemented with this list.

Classes in modern sports dances form motivation for physical education by creating emotional well-being, improve motor capabilities, change value orientations, enrich the spiritual world. They increase vitality, physical and mental health, therefore, open up

opportunities for a positive change in the biological and social status of any modern person.

### Conclusions and conclusion

Summing up, we can say that dancing is not only an art, but one of the sports. Of course, some people will not agree with this, but on this topic you can argue for a very long time and a lot. What is dancing not a sport, if in dance classes people also do exercises, give a load on the legs, arms and abs, because without all this a good dancer can not become. In addition, all the time there are some competitions and competitions in dancing, as in sports. To add to everything at the dances there is choreography, where they are engaged in stretching the ligaments — this is also done in gymnasts. There is also another proof that dancing can be considered a sport [7].

In the modern world, dance has gained great popularity, both among the older generation and among young people. It can be attributed to one of the most comfortable types of physical activity. The term “dance” is quite heterogeneous. Its definition still depends on the historical and cultural contexts. Dance is the oldest of the arts, it reflects the need of a person to convey his emotions to other people through his body. Also, dance is rhythmic, dynamic and technical movements of the body, which are lined up in a certain composition with musical accompaniment. A person who starts dancing at any age can significantly improve their physical, mental and emotional health. Since this is also a physical activity, the benefits of them will be about the same as from any other cardio exercises. In addition to strengthening the cardiovascular system, dancing helps to improve balance and strength. “The movements that we usually perform in everyday life, such as walking, climbing stairs and normal workouts such as running, on a track and cycling, occur in the sagittal plane, but dance makes the body work in all directions, remember at least rotations. This leads to the fact that the muscles are better worked out, “says professional dancer Jonathan Tilitky.

### Prospects for the study of this topic

Nowadays, it is very difficult to interest young people in any sport, and modern sports dances are becoming increasingly popular. In this regard, the selected problem is of interest for further study.

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## PHYSICAL CULTURE. SPORT. TOURISM. MOTOR RECREATION

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### Танцевальный спорт: состояние, проблемы и пути совершенствования

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Авторы рассматривают танцевальный спорт как вид спорта. Представлена история развития танцевального спорта и его современное состояние. Проведен обзор научных публикаций по данной теме на сайте Elibrary. Рассмотрены разные направления спортивных танцев.

**Ключевые слова:** танцевальный спорт, спортивные танцы, танец как вид спорта.



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