

# Body Language and Emotional Transmission in Dance Movies

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## Abstract

In dance films, body language and emotional transmission are important artistic means. Body language includes dance movements, facial expressions, and body language, which work together to shape character images, express emotions, and drive plot development. Emotional transmission is achieved through music, sound effects, camera language, and narrative storytelling, enhancing the audience's emotional experience, resonating, and conveying the theme and values of the film. This article will focus on exploring the application of these elements in dance films and their impact on audience emotions, in order to promote the development of dance film creation.

**Keywords:** dance movies, body language, emotional transmission, application

## 1. Introduction

Dance movies, as a unique art form, showcase rich emotional layers and profound plot connotations by integrating dance and film language. In this process, body language and emotional transmission become the core elements. This article focuses on the application of body language and emotional transmission in dance films, hoping to provide valuable references for relevant personnel.

## 2. Overview of Body Language and Emotional Communication

### 2.1 Body Language and Its Important Role

Body language refers to the communication method of conveying information and emotions

through nonverbal means such as body posture, movements, and facial expressions. It is a silent means of communication that conveys an individual's inner state, emotions, and intentions through the dynamic expression of various parts of the body. Body language has multiple characteristics: it is intuitive and immediate, capable of quickly conveying emotions and attitudes; Having cultural and individual differences, different cultures and individuals will have different ways of expressing body language; Body language is often a direct reflection of emotions, capable of expressing deep-seated emotions and psychological states that are difficult to express in words.

In dance films, body language is the core tool of

expression, playing an irreplaceable role that not only enriches the visual experience, but also profoundly influences the progression of the plot and the transmission of emotions. Firstly, body language can help shape character images. Dancers convey the character's personality traits and inner world through the elegance or strength of their movements. For example, with delicate dance movements and facial expressions, a character's tenderness or resilience can be displayed, helping the audience to gain a deeper understanding of the character's psychological state and background story. Secondly, body language is a crucial means of expressing emotions and thoughts. In dance films, dancers express complex emotions such as joy, sadness, anger, etc. through various dance movements, postures, and rhythms. These movements not only convey the emotional experience of the characters, but also allow the audience to feel the potential emotional depth and ideological connotations in the film. Finally, body language can drive the development of the plot. Through the changes and developments in dance, directors can use the rhythm and style of movements to drive the development of the story and guide the audience's emotional direction (Yonghui, 2022).

### *2.2 Emotional Transmission and Its Importance*

Emotional transmission refers to the process of conveying inner emotions and feelings to others through various artistic means or communication methods, which can be achieved through various means such as language, actions, facial expressions, music, etc. The importance of emotional transmission lies in its ability to promote understanding and resonance between people, enhancing the depth and effectiveness of communication. In the field of art, especially in movies and dance, emotional transmission is the key to establishing emotional connections with the audience, helping them to deeply experience the inner world of the characters, thereby triggering resonance and enhancing emotional investment in the work.

In dance films, emotional transmission plays a significant role through various expressions such as dance movements, music, and camera language. Firstly, emotional transmission can resonate with the audience. Dance movies allow the audience to feel the emotional fluctuations of the characters through the emotional expression of the dancers. This emotional transmission not only enables the audience to understand the

inner world of the characters, but also stimulates their own emotional reactions and resonates during the viewing process. Secondly, emotional transmission enhances the audience's emotional experience. In dance films, emotions are created through delicate dance movements, changes in music, and the use of camera, creating rich emotional layers that immerse the audience in an emotional atmosphere. The combination of music and dance makes emotional expression more vivid and multidimensional, allowing the audience to experience more levels of emotions, such as passion, sadness, or joy. Finally, emotional transmission helps to convey the theme and values of the movie. Dance movies convey the core ideas and values that the film aims to convey through profound emotional expression. Emotional transmission enables the theme and values of the movie to be presented more vividly, helping the audience to have a deeper understanding and feeling of the core content of the movie.

## **3. The Application of Body Language in Dance Films**

### *3.1 Dance Movements*

In dance films, dance movements are the most direct and expressive form of body language. They are not only the core of dance art, but also a key means of conveying emotions, shaping characters, and driving the plot. The dance movements convey rich emotions and thoughts through their unique forms and styles, showcasing the inner world and emotional fluctuations of the characters. Specifically, firstly, dance usually combines traditional dance styles such as classical dance, ethnic dance, and modern dance, showcasing the character's personality traits and background through different movement styles and techniques. For example, elegant movements in classical dance can showcase the nobility and elegance of characters, while exaggerated and powerful movements in ethnic dance can showcase the bravery and passion of characters. Through clever design and arrangement of dance movements, the director is able to showcase the inner traits of the characters to the audience through body language, making the character's image more three-dimensional and vivid. Secondly, in dance films, dancers use various dance movements to depict the emotional changes and inner conflicts of their characters. For example, a slow and gentle dance can express the character's tenderness and inner

peace, while a fast and intense dance can reflect the character's anger and anxiety. Dance movements not only enhance the audience's understanding of the characters' emotions, but also enable them to feel the emotional atmosphere and depth of thought in the movie. Thirdly, in dance films, dance movements are often used to advance the plot. Through the changes and developments in dance, the director can guide the audience's emotional direction, marking the climax and turning point of the plot. For example, an intense group dance can mark the climax of a story, while a gentle solo dance may indicate the ending or emotional resolution of the story. Dance movements not only make the plot develop more smoothly, but also enhance the visual impact and emotional expression of the story (Wei Mengjiao & Shen Guipeng, 2022). For example, "Song and Dance China" is a dance documentary film that tells the stories of many young people who pursue their dance dreams. The passionate dance performances of a group of young boys and girls move people deeply. Everyone's dreams are different, but they all exude their passion for dance. From the joy on their faces and the sweat on their bodies while practicing dance, we can feel their seriousness.

### *3.2 Facial Expressions*

In dance movies, facial expressions are an extremely important component of body language, playing a crucial role in expressing emotions and driving the plot. Facial expressions can not only intuitively convey the inner emotions of characters, but also enrich their image through delicate expression, enhancing the audience's sense of immersion and resonance. Specifically, dance films often focus on the delicate depiction of emotions. Actors showcase the psychological state of their characters through changes in facial expressions such as smiling, frowning, staring, etc. This meticulous expression helps the audience better understand the emotional fluctuations of their characters, thereby enhancing their attention and investment in the story plot. For example, when portraying sadness or pain, actors can convey emotions through subtle changes in the corners of their eyes and drooping corners of their mouth, allowing the audience to feel the character's deep emotions. Secondly, in dance movies, dance movements often carry strong emotional colors, and facial expressions play a role in enhancing the expression effect of the

movements. When dancers express excitement, anger, or joy during dance, the coordination of facial expressions makes the movements more infectious and makes it easier for the audience to feel the emotions conveyed by the dance. For example, when dancers perform intense dance movements, the tension and focus on their faces can enhance the strength and rhythm of the dance. Thirdly, by utilizing the changes in actors' facial expressions, movies can more vividly depict the development of the plot and the emotional changes of the characters. For example, during the climax of the plot, strong changes in facial expressions can effectively guide the audience's emotions, enhance the drama and tension of the plot.

### *3.3 Body Language*

In dance movies, body language is a key element in expressing characters' inner emotions and driving the development of the plot. Body language includes the movements, postures, and postures of dancers. These nonverbal expressions can intuitively convey emotions and story backgrounds, enhancing the audience's emotional experience. Specifically, firstly, dancers can showcase the emotional state of their characters through changes in their body movements. For example, graceful dance moves can express the elegance and tenderness of a character, while intense movements can express the character's anger or sadness. The delicacy and richness of body language enable the audience to directly feel the inner turmoil of the characters, thereby gaining a deeper understanding of their psychological and emotional changes. Secondly, the dancer's body movements are not only a part of the performance, but also a way of storytelling. For example, through physical conflicts or interactions in dance, relationships and conflicts between characters can be revealed. This nonverbal narrative technique allows the audience to intuitively understand the progress of the plot and changes in the relationships between characters through dance movements, increasing the narrative level and viewing value of the film. Thirdly, body language can also enhance the visual beauty and artistic expression of movies. In dance films, the body movements of dancers usually have high aesthetic value. With elegant dance moves and precise movements, the artistic charm of dance can be demonstrated. This visual enjoyment not only enhances the viewing experience of the film,

but also highlights that dance is an art form that expresses emotions and culture (Zhang Hongyang, 2022).

#### **4. The Application of Emotional Transmission in Dance Films**

##### *4.1 Music and Sound Effects*

In dance films, music and sound effects are important tools for emotional transmission, playing a crucial role in enhancing the audience's emotional experience and deepening the film's theme. Music and sound effects not only add emotional color to dance, but also play multiple roles in driving the plot, portraying characters, and creating atmosphere in the film. Specifically, music is often used in dance films to set emotional tones and enhance dramatic effects. The rhythm, melody, and harmony of music can directly affect the emotions of the audience. For example, soft music can create a romantic or warm atmosphere, allowing the audience to feel the intimacy and emotion between characters; Intense music can increase the tension and rhythm of dance movements, stimulating the audience's excitement or tension. Through the clever use of music, movies can effectively guide the audience's emotional reactions, enhance the dramatic and emotional depth of the plot. Secondly, the use of sound effects in dance movies cannot be ignored. Carefully designed sound effects, such as the stepping sound of dance steps and the friction sound of clothing, can add realism and delicacy to the dance scene. These subtle sound effects not only enhance the expressiveness of dance movements, but also help the audience better immerse themselves in the context of the film. For example, when depicting intense conflicts or running in dance, sound effects can enhance the intensity and rhythm of the movements, allowing the audience to have a more intuitive experience of emotional expression in the dance. Thirdly, music and sound effects can also complement dance movements to form a harmonious artistic expression. The music in dance movies is often closely integrated with dance movements, using the rhythm changes of the music to guide the rhythm and style of dance movements, making the dance more vivid and expressive. The synchronization of music and dance not only enhances the artistic appeal of the film, but also makes emotional transmission more natural and smooth (On Wen Hua, 2021).

##### *4.2 Lens Language*

Camera language is also an important means of conveying emotions in dance films. Through techniques such as camera angles, movements, and composition, directors can effectively express emotions and plot in dance, enhancing the audience's viewing experience. Specifically, the choice of camera angle has a direct impact on emotional transmission. For example, close-up shots can capture the facial expressions and subtle movements of dancers, allowing the audience to experience the emotional fluctuations of the characters more deeply. Close ups not only enhance emotional expression, but also help the audience establish emotional connections with the characters. When depicting the inner struggles or joys of dancers, close-up shots can highlight these delicate emotions, making it easier for the audience to resonate. Secondly, camera movements play an important role in dance films. The movement and following of the camera can enhance the dynamic and rhythmic sense of dance movements. For example, as the dancer rotates or jumps, the smooth follow-up of the camera can bring the beauty and dynamism of the dance to life. The movement of the camera, such as pushing, swinging, and tilting, can add layers and visual impact to the dance, allowing the audience to visually feel the power and emotions of the dance. Thirdly, the composition of the camera is also crucial for conveying emotions. Reasonable composition can highlight key elements in dance, complement dance movements with the background environment, and enhance emotional expression. For example, placing the dancer at the center of the scene or using diagonal composition can make the dance movements more visually impactful and dramatic. At the same time, the variation of camera distance can also be used to express the sense of distance and hierarchy in emotions. For example, using distant shots to showcase the loneliness of dancers on a broad stage, or using medium shots to showcase the interaction and collaboration in group dance (Ji Yibin, 2023).

##### *4.3 Plot and Narrative*

Dance is not only a visual highlight of movies, but also a core means of driving story development and expressing emotions. Through carefully designed plot and narrative structure, dance films can closely integrate emotional depth with the story plot, enhancing the audience's immersion and resonance.

Specifically, the plot design in dance films often revolves around dance movements, reflecting the inner world of the characters through the development of the plot. For example, when characters experience setbacks or difficulties, dance movements can express their pain and struggle, while when they achieve success or realize their dreams, dance can showcase their joy and celebration. This plot design expressed through dance allows the audience to more intuitively understand the emotional changes of the characters, while making the plot more dramatic and infectious. For example, the movie "Dancing Life" is an inspirational work that showcases a poor little boy's persistent pursuit of ballet dreams, which is a release of his inner self. Secondly, the narrative structure in dance films usually presents the beginning, ending, and ending of the story through dance forms. Dance is not just a background or decoration, but also a part of the narrative, driving the development of the story through different dance styles and combinations of movements. The rhythm, emotions, and style changes of dance can reflect different stages of the plot, such as from tense conflicts to peaceful resolution, from lonely struggles to united victories. This narrative style can enhance the expressiveness of the film, making it easier for the audience to follow the development of the plot and feel the emotional ups and downs of the story.

## 5. Conclusion

In short, the exquisite combination of body language and emotional transmission in dance films not only enriches the film's forms of expression, but also deepens the audience's understanding of the plot and characters. Through dance movements, facial expressions, and body language, movies can vividly convey emotions. Music, sound effects, camera language, and narrative further enhance the effectiveness of emotional transmission. This comprehensive artistic technique makes dance movies an important medium for expressing emotions and stories.

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