

MODERN DANCE: A BRIDGE BETWEEN CULTURE, ART AND PERSONALITY

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Annotation: *The article considers modern dance as a unique art direction combining freedom of expression, social significance and technological innovations. The origins of contemporary dance and its development are analyzed. The ways in which modern dance interacts with other forms of art, its role in cultural dialogue, and its impact on society are discussed.*

Keywords: *modern dance, postmodern dance, social problems in dance, freedom of expression, choreographic innovations, multimedia and performance.*

Modern dance is a phenomenon that cannot be limited to a single genre or definition. Its characteristic feature is the synthesis of various traditions, techniques, and approaches that evolve and rethink depending on the time, context, and personality of the creator. Today, this direction has become an important part of cultural and social life, playing the role of a bridge between the viewer, the performer and the art world.

The evolution of modern dance is the process of transformation of dance art, reflecting changes in culture, society and philosophy. Modern dance emerged as a response to the need for freedom of expression and has evolved over time into one of the most innovative art forms.

1. The emergence of modern dance: the end of the XIX — beginning of the XX century.

Protest against the canons of ballet: Modern dance emerged as an alternative to the strict rules of classical ballet. He sought to free the body from rigid forms by exploring natural movement. Isadora Duncan: One of the founders, inspired by nature, ancient art and freedom of spirit. Her movements were smooth, free, and intuitive. Rudolf von Laban and Mary Wigman: They developed the ideas of

expressivity and improvisation, focusing on movement as a means of expressing emotions and ideas.

2. The development of expressionist dance: the 1920s and 1930s. Philosophy and emotions: During this period, dance becomes a means of conveying deep emotional experiences and philosophical ideas.

Martha Graham: She introduced techniques of tension and relaxation, which reflected the inner struggle of a person. Her work raised themes of psychology, mythology, and human nature. European Modernity: Choreographers such as Kurt Joss addressed social themes, including war and humanism.

3. Postmodern dance: the 1950s and 1970s. Against the traditions of modernity: Postmodernists rejected the drama and expression of modernity, exploring randomness, everyday movements and simplicity. Tricia Brown and Merce Cunningham: They integrated the ideas of minimalism, improvisation and interaction with space into the dance. Merce Cunningham actively used chance and worked with composer John Cage. Contact Improvisation: Steve Paxton developed a technique based on the interaction between dancers through points of contact, which opened up new possibilities for movement research.

Modern dance often serves as a tool for analyzing and criticizing society. It's not just a performance, it's an exploration of how we live, feel, and interact with each other. Productions can cover a variety of topics, from loneliness in the age of digitalization to global environmental issues. For example, the works of choreographers Ohad Naharin and Wayne McGregor are known for their connection with current issues: identity, memory, technological progress. Dance becomes a space for expressing ideas, where physical movement replaces words, creating a universal language for discussing complex topics.

One of the key features of modern dance is the rejection of a single standard of beauty and technique. There are no "correct" movements, which allows each performer to express himself uniquely. Dancers can experiment with shapes, develop their own techniques, and work with different textures and rhythms. Many contemporary schools teach improvisation as one of the main instruments of a

dancer. This allows the performers to explore not only the physical, but also the emotional space, connecting their inner feelings and intuition to the dance. The aesthetics of freedom in modern dance reflect the spirit of the time, in which individuality and experimentation are central. It allows dancers and audiences to rethink movement, body, and creativity as a form of self-expression and liberation.

Modern dance actively interacts with the latest advances in technology. Today, dancers work with projections, interactive screens, robotics, and even artificial intelligence. This combination of traditional art and innovation opens up new forms for expressing ideas.

An example is working with motion sensors that convert physical actions into digital visualization. Dancers become a kind of "living brushes", creating works of art in real time.

Modern dance breaks down not only aesthetic and technical barriers, but also social ones. Choreographers are increasingly working with people of different ages, cultures, and physical abilities. Such projects demonstrate that art belongs to everyone. For example, ensembles involving people with disabilities create impressive works where barriers turn into a source of inspiration. This trend emphasizes the strength and versatility of the movement, its ability to overcome prejudice and create new forms of beauty. Work with emotional and mental characteristics. Dance projects involve people with special needs for mental health or cognitive development, creating a safe and supportive space for them. Dance is used as a therapeutic tool to express emotions and strengthen social connection. Modern dance raises issues of equality, diversity and acceptance through performances. The choreographers explore themes of identity, discrimination, the struggle for rights and social justice.

Modern dance actively influences other types of art, from cinema to fashion. Many designers use elements of movement in their collections, creating clothes that interact with the body during the dance. Visual artists and filmmakers also draw inspiration from contemporary plastics, integrating dance into their work. Modern dance, with its emphasis on natural movement and expression, inspires artists to

explore the human body as an art object. Artists borrow ideas about movement and transformation from dance, which is reflected in painting, sculpture and graphics. Modern dance is changing the approach to musical composition. Choreographers often choose non-traditional music: noises, electronic sounds, or a complete lack of musical accompaniment, which encourages composers to experiment. The influence of dance on musical performances: dancers' movements sometimes become a rhythmic element of music, combining auditory and visual sensations. Joint development of performances with live performance of music, where dance and sound are created simultaneously. Modern dance has given rise to a separate genre where body movement becomes the main form of storytelling. Video projections and dance shots are used in modern films and music videos, adding dynamics and emotional depth. Choreography often inspires cinematography and editing, especially in music videos and art films. Descriptions inspired by dance forms are increasingly appearing in literature as a metaphor for change, freedom, and life. Dance becomes the theme of literary works, symbolizing transformation or rebellion against the static. Virtual reality, where dance serves as a tool for exploring spatial and visual aspects, has influenced the creation of interactive installations. Dance moves are becoming the basis for algorithms in computer graphics and design. Pina Bausch's performances, where dance is closely intertwined with drama and visual art. Mary Wigman's designs and her influence on Expressionism. Modern cross-genre works (for example, Wayne McGregor) combining dance, science, cinema and fashion. Modern dance expands the boundaries of perception, blurring the differences between genres and encouraging the creation of art that encompasses the body, space and emotions.

Modern dance is a universal language that connects people, unites cultures and awakens in everyone a sense of belonging to more. He proves that art can be not only an aesthetic experience, but also a way to explore and comprehend our common human heritage. It's much more than just an art form. It's a way to make sense of the world, build a dialogue with society, and, most importantly, explore yourself. It is open to everyone and to everything – new techniques, cultural traditions, ideas and

technologies.

Dance has always been a mirror of time, and contemporary is a vivid proof of this. In his movements we see a reflection of the complexity, beauty and freedom of the modern world.

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