



## CULTURAL STUDIES AND SPIRITUALITY HISTORY OF ORIGIN OF THE ART OF DANCE

Dilfuza Mo`minova,

Senior Lecturer of the Department of Music Education

Andijan State University

Abduhailova Malika

1st Year Student of Instrumental Education

Andijan State University

### Annotation

This article is about the antiquity and history of Uzbek dance; in which we can see the evidence of the existence of hunting games in Central Asia. from murals and other archeological finds in stone, from festive events, and later in the transition to animal husbandry and agriculture, labor games, which later laid the groundwork for the development of human culture and art.

**Keywords:** archeology, dance, holiday, Paleolithic period, art forms, primitive paintings, hunting games, totem, pantomime dance, rhythmic body movements, gymnastics, synchronized swimming, martial arts, choreography.

### Introduction

Central Asia is one of the oldest cradles in the history of human culture. This is evidenced by the results of archeological research conducted in the 30s and 40s of the last century.

Archaeological finds in Central Asia, including Uzbekistan, testify to the antiquity of dance. The antiquity, richness of forms and types of Uzbek dance art is due to the fact that our ancestors were mainly associated with agriculture and handicrafts.

Uzbek folk dances have a long and rich history. If we rely on the opinion of historians and culturologists that the holiday originated and developed with man, the buds of the holiday can be traced back to the most ancient Paleolithic period, when the human race began to appear in Central Asia - 500 thousand years ago. While the festivals of the primitive period can be studied mainly by comparative-historical typological analysis of the data provided by archeological excavations and finds, the festivals of slavery and later regimes can be studied on the basis of preserved historical, literary and other sources. While there are festive events, it is a kind of art. It is no exaggeration to say that dance is the oldest art form. This is because primitive





paintings from primitive times found in archeological excavations and caves depict animals, hunting, and hunter-gatherer dances (sometimes in animal masks), indicating that the ancients celebrated the results of their labor (hunting). Indeed, the more productive the work of primitive man, the more he was satisfied, happy, and, conversely, if his work did not yield results, he was hungry and sad. Returning from the hunt with the prey and being interested in their work created a happy, joyful mood. In this case, the hunters tried to express the hunting process in the form of gestures, special actions and games.

## **Literature Review**

According to historical data, hunting games played an important role in the life of primitive hunters. Some sources say that they will be held before the hunt, while others say that they will be held after the hunt. If we take a closer look at this data, we can say that hunting games were held both before and after the hunt. Pre-hunting games are organized in the form of a small ritual, which serves as a pre-hunting exercise (checking the readiness for the hunt, mental and physical preparation for the hunt). During these games, they learned to easily catch prey and get closer to it. To do this, they wore a mask and practiced entering the image of the animal, its behavior and sound. It is during such games that young people are taught to hunt. For this reason, he served as a kind of school, on the one hand, helped to develop the skills of hunters, on the other hand, formed and developed the art of imitation in them. It can be assumed that the post-hunting games were held only after the successful completion of the hunt. Because returning from the hunt with the prey, this feast allowed to rejoice, to celebrate the whole team.

With the help of such games, hunters "after hunting all day and returning tired, in the evenings to rest, to lift their spirits, to express their satisfaction, contentment, joy." These processes, which have become a tradition of the game, began to form a special ceremony, which takes place in a festive mood.

## **Research Methodology**

Proof of the existence of hunting games in the life of primitive people in Central Asia can be found in the Paleolithic images of Zaraot Karamsay in Sherabad ; We can see it in murals and other archeological finds in the Saymalitosh caves in the Fergana Valley in the II-I millennium BC.

According to the book of ancient world history, during the festivities dedicated to the totem animals, people imitated him, wore their skins and played games. According to historical sources, in the late Paleolithic period in the northern part of the earth there



was a totem "Bear Festival". Variants and elements of these holidays are preserved in some Siberian peoples even in the early twentieth century, and on such holidays the main character in the image of a bear is a bear, who dances. In Central Asia, the "Bear Game" (as à pantomime dance) has survived. Even today, in the territory of Uzbekistan and in places like Turkey, India, the Caucasus, you can see people playing with bears on the streets.

## Analysis and Results

Later, in connection with the transition to animal husbandry and agriculture, labor games emerged. Although such events were seen as a simple form of celebration, it later laid the groundwork for the development of human culture and art. In particular, during the holiday season developed a variety of games : theater and dance, primitive forms of pantomime and special ceremonies.

Dance is an art form that manifests itself in rhythmic body movements similar to music. Dance exists in different cultures and is performed as a form of expression of emotions, social connections, or for fun.

Dance is performed not only by humans but also by other creatures (e.g. bees, birds). Gymnastics, synchronized swimming, and some martial arts can also be compared to dance.

As a result of the evolution of dance, different styles emerged. For example, the relatively recent breakdance belongs to hip-hop culture; African dance, on the other hand, is explanatory; while ballet and waltz are classical dances, the step is modern. The main means of dance is the creation of an image through the harmonious body movements and states of the dancer (a), plastic expression and facial expressions, rhythm, tempo, composition. Occurred in connection with the process of human labor and the emotional impressions he received from being. Originally associated with song and lyrics, it later became an independent art form. Dance has evolved over the centuries into a stable form. The performer's dress gives clarity to the dance images. Every nation has its own dance traditions, performance style, and plastic visual aids, which have developed under the influence of historical, social, and geographical conditions. Dance is an integral part of folk ceremonies and celebrations. In connection with them appeared khoravod and ceremonial games. The Khorovods gradually got rid of the ceremonial games and began to reflect some aspects of the people's life. The folk dance reflects the themes of hunting, animal husbandry, farming and handicrafts, as well as the struggle of the people against the invaders and the lyrical mood.





Dance is inextricably linked with music, reveals the content of music through images. Rhythm is important in folk dances, it is reflected in the music, the movements of the legs, arms, head and body are subject to a common rhythm, connected with each other. Performers also use kicking, applause and rust to express the content of Uzbek dances. Some dances are performed with objects such as handkerchiefs, bowls, cups. Sometimes the performer accompanies himself on folk instruments (kayrak, doira, drums, etc.).

In the dances of the peoples of Western Europe, mainly the movements of the legs are important, accompanied by hand and body movements. In the East, hand and body movements are the main means of plastic expression.

## Conclusion

Stage dance is based on folk art, preserves and develops its heritage and unique qualities. It first appeared in Greece, India and other countries. Professional dances based on folk dances have been highly developed and various dance systems (especially European and Oriental classical dances) have been established.

Greek and Roman dances made significant contributions to the development of European professional dance. In the Middle Ages in Europe, the first manifestations of professional dance appeared only in the works of jugglers, spelmanns and skomorokh. In the XV-XVI centuries, Moreski and ballafigurato dances were painted, and pamphlets and textbooks on dance were created.

In the 17th century, ballet dances appeared and the art of dance was enriched with new techniques. At the beginning of the XX century the "modern" (rhythmoplastic) dance appeared. In 1940-1960, small choreographic works and pop dances for concert performances developed in Europe and the United States.

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