

## INTEGRATIVE FACTORS IN THE THEORY OF UZBEK NATIONAL DANCE ART

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**ABSTRACT:** The article describes the examples of professional music art in the folk oral tradition, in which the national dance music culture of our people has a long history of captivity, where musicians and singers are located in the activities of each generation.

**KEYWORDS:** National dance, dance, culture, art, society, kindness, courage, ignorance, heart, social consciousness.

### INTRODUCTION

The art of Uzbek national dance has been refined over the centuries and has survived to the present day.

In the process of spiritual development of the dance society, global influence is reflected in relation to other types of art. Researchers-dancers Roziya Karimova, Kunduz Mirkarimova, Karim Rakhimov, Kadyr Muminov, Mamura Ergasheva, Yulduz Ismatova, Shokir Ahmedov, Gavhar Matyokubova , Rushana Sultanova, Dilafruz Jabbarova, Qizlarhon Dustmuhamedova, Malika Ahmedova are among them.

The art of national dance accompanies a person throughout his life, has a positive effect on human emotions and consciousness, occupies the mind, encourages kindness, courage, selfless work. After all, art is a form of social consciousness and a specific form of human activity, through which it is one of the most important means of artistic reflection of reality and aesthetic mastery of the world. The national dance music culture of our people has a very long history of captivity, and many musicians and singers are determined in the activities of each generation, as evidenced by the professional music of the folk oral tradition. A person who is passionate about music is inclined to the virtues of the heart, that is, he can effectively fight ignorance. He avoids ignorance wherever he is, does not choose a nation, but awakens a national spirit in the heart.

Dance is such an art that the scene in which it appears comes to life and acquires a special meaning, a splendor. The area where there is dancing seems to breathe and come to life. Dance is one of such beautiful forms of art, which reflects the feeling of elegance, beauty, aesthetic pleasure, has a slow and gentle effect on the human psyche. Dance is one of the most important forms of art, and dance is not just a means of entertainment, it deeply expresses human emotions. Through dance, a person begins to gain a deeper understanding of the environment and learn to influence it, while dancing helps to make a person healthier by treating various ailments.

Dance is inextricably linked to music, revealing the content of the music through images. In folk dances, rhythm is expressed in music on the basis of its specific importance, the movements of the legs, arms, head and body are subordinated to the general rhythm, connected with each other. Performers also use kicks, claps and bells to express the content of Uzbek national dances. Some dances are performed with objects such as handkerchiefs, bowls, and cups. Sometimes the performer accompanies himself on folk instruments (chords, drums, drums, etc.). In the dances of the peoples of Western Europe, mainly the movements of the legs are important, and the movements of the hands and body accompany it. In the East, hand and body movements are the main means of plastic expression. Stage dance relies on folk art, preserving and developing its heritage and its inherent qualities. Current issues in the study and promotion of cultural and spiritual heritage As our social life develops, the art of dance, like other fields of art, is becoming richer day by day, and more attention is paid to its character.

When the history of the art of dance is studied, the sources reveal its mysterious world and reveal its peculiarities in each developed society. Socio-political processes, religious relations and cultural ties in the history of Uzbek culture and art contribute to the development of national dance on the one hand, and the restraint on the other.

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