

A Study on the Artistic Value of Dai Fitness Dance from the Perspective of Dance Ecology

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Abstract

This study, through the lens of dance ecology, deeply analyzes the artistic value of Dai fitness dance and explores its historical background, cultural connotations, and its current development in modern society. The research reveals that Dai fitness dance is not only a form of cultural expression but also carries multiple functions such as ethnic identity, social interaction, and personal health. The Dai fitness dance holds significant artistic value across multiple dimensions such as aesthetics, cognition, society, fitness, inheritance, and dissemination. Through the framework of dance ecology, this study explores the performance of the Dai fitness dance in different cultural and social environments, analyzes its potential and challenges for future development, and further provides a theoretical basis for the protection and innovation of ethnic dance culture.

Keywords: *Dance Ecology, Dai Fitness Dance, Artistic Value, Cultural Inheritance, Ethnic Identity.*

Introduction

Perspective and Research Significance of Dance Ecology

Dance ecology, as an interdisciplinary research approach, emphasizes the dynamic relationship between dance and the environment, society, culture, and individual physical and mental health. (Lu, 2020) When studying the artistic value of dance, one should not only focus on the form and technique of the dance itself but also consider the profound impact of dance on society, culture, and individuals. In the study of Chinese ethnic minority dances, the Dai fitness dance, as a dance form with local characteristics, integrates ethnic culture and fitness functions, making its research significance particularly prominent. From the perspective of dance ecology, it is possible to more comprehensively understand the artistic value of the Dai fitness dance and explore its adaptation and development in contemporary society.

With the wave of globalization and modernization sweeping across the world, traditional ethnic dance forms are facing increasing challenges. The Dai fitness dance, as a local dance form, its interaction and integration with modern society, and its role in cultural heritage, are important topics in dance ecology research. Therefore, studying the artistic value of the Dai fitness dance, especially the cultural conflicts and adaptation issues it faces in contemporary society, will provide valuable insights for the protection and innovation of dance art.

Historical and Cultural Background of Dai Fitness Dance

The Dai fitness dance originated from the traditional religious rituals and folk dances of the Dai people, showcasing their reverence for nature, life, and water. (Hui, 2024) The Dai people are one of the important ethnic minorities in China, mainly distributed in Xishuangbanna and surrounding areas in Yunnan Province. They have a rich cultural heritage and a long history. The origins of Dai dance can be traced back to ancient sacrificial activities and agricultural rituals. These dances are not only a reverence for natural deities but also a worship of the forces of life and the universe.

Water occupies a central position in Dai culture, not only as the source of life but also as a symbol of

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prosperity, purity, and rebirth. Therefore, the traditional Dai dance often incorporates symbolic representations of water. For example, the dance movements of flowing water symbolize the Dai people's dependence on and reverence for water. At the same time, many dance movements imitate natural phenomena such as the blowing wind, flying birds, and blooming flowers, expressing the harmonious coexistence of the Dai people with nature. These dance forms reflect the cultural concept of the Dai people's harmonious interaction with the natural environment.

For example, the Dai people's "Water-Splashing Festival" is one of the most important festivals for the Dai people. In this festival, dance is not only a form of celebration but also a way to express prayers to the deities and reverence for nature. Through this form of dance, the Dai people convey their love for nature and life, while also showcasing their cultural confidence and ethnic identity. With the development of society, the Dai ethnic group fitness dance has gradually moved away from traditional religious and ritual contexts, beginning to integrate with modern fitness concepts, and becoming a folk art form with fitness functions. Although the Dai fitness dance differs in form from traditional dances, its core cultural connotations and reverence for nature still remain.

The Dai fitness dance, as part of traditional dance, has gradually evolved into a collective activity that integrates fitness and entertainment functions through modern innovation and development. In this process, the Dai fitness dance not only retains the basic elements of traditional dance but also incorporates modern fitness concepts, becoming a national fitness activity that meets the needs of modern society. Through this transformation, Dai ethnic fitness dance not only promotes ethnic culture but also meets people's needs for fitness, entertainment, and social interaction, making it a widely influential cultural activity form.

Contemporary Development and Challenges of Dai Fitness Dance

In the process of modernization, Dai ethnic fitness dance faces numerous challenges. Firstly, with the advancement of urbanization, traditional rural lifestyles are gradually disappearing, and many traditional dances and cultures are losing their original social functions and cultural values. The busy pace of modern life, the preference for Western fitness methods, and the diverse entertainment choices make the dissemination and inheritance of Dai ethnic fitness dance in modern society difficult. Despite facing numerous challenges, Dai fitness dance still demonstrates great development potential in contemporary society. As people increasingly prioritize health, Dai fitness dance, as an activity that combines entertainment and fitness, is gradually becoming an important choice in the fitness field. Especially during certain ethnic cultural festivals and community activities, Dai fitness dance is gradually becoming an effective way to promote group cultural identity, enhance community cohesion, and improve residents' physical health. Modern communication methods have provided new opportunities for the innovation and popularization of Dai fitness dance. Through the internet, social media, television programs, and other channels, the dissemination of Dai fitness dance is no longer limited to local performances but can break regional boundaries and reach a broader stage. In this context, Dai fitness dance faces the pressure of cultural heritage while also gaining the momentum for innovation and development. How to innovate the dance by integrating modern societal needs while preserving traditional elements has become an important topic in current research and practice.

Research Objectives and Framework

This study aims to systematically analyze the artistic value of Dai fitness dance through the theoretical framework of dance ecology. The focus of the research includes multiple dimensions such as aesthetic value, cognitive value, social value, fitness value, heritage value, and dissemination value. Through the analysis of relevant literature, field research, and participation in dance practice, the study seeks to comprehensively elucidate the multidimensional artistic functions of Dai fitness dance and its cultural significance in contemporary society.

Research Methods and Theories

Theory of Dance Ecology

Dance ecology is a discipline that studies the interrelationships between dance and the environment, society, culture, and individuals, with a particular focus on the functionality and adaptability of dance within specific social and cultural contexts (L. Zhang, 2024). The theoretical framework of dance ecology emphasizes the dynamism and cultural nature of dance, considering it not only as an artistic expression of the body but also as an important means of social and cultural transmission and interaction. By analyzing different aspects of the Dai fitness dance, this study explores the adaptability of dance in the context of modernization and globalization, and investigates its multiple roles in contemporary social culture, healthy lifestyles, and social interaction.

Literature Analysis Method

This study employs the literature analysis method to organize and analyze relevant literature on Dai fitness dance, ethnic dance, and dance ecology both domestically and internationally. These documents provide insights into the historical development, cultural background, and evolution of Dai fitness dance in modern society. Through the analysis of these documents, we can understand the traditional characteristics of Dai fitness dance and further reveal its changes and challenges in contemporary society. Moreover, the literature analysis method has also helped us build the theoretical foundation and framework for the research, providing theoretical support for subsequent field research and dance practice.

Field Research Method

In order to better understand the contemporary practice and cultural impact of Dai fitness dance, this study collected first-hand data from Dai regions through field research. The field research not only helped researchers gain an in-depth understanding of local dance performances, teaching processes, and cultural activities, but also provided feedback from dancers, audiences, cultural experts, and other parties. Through communication with local residents, researchers are able to obtain firsthand information about the issues faced by Dai fitness dance in practical application and its cultural value. The use of this method ensures the authenticity and practicality of the research.

Dance Practice Method

The dance practice method is one of the important supplementary methods of this study (Huang, 2024). The researcher, by personally participating in the performance and experience of the Dai ethnic group's fitness dance, deeply understands the dance movements, rhythm, expression methods, and their cultural significance. The dance practice method not only allows the researcher to study from the perspective of bodily perception and experience but also provides a more intuitive understanding of the dance's artistry and functionality. Through personal experience, researchers can conduct a more in-depth analysis of the delicacy, rhythm, expressiveness, and other aspects of dance, thereby revealing its artistic value and cultural connotations.

Research Results and Analysis

Analysis of Aesthetic Value

Aesthetic value is an important component of dance art (D. Zhang, 2013). Especially in the Dai ethnic fitness dance, the dance movements and artistic forms not only showcase the beauty of the body but also embody profound cultural symbols and spiritual experiences. The Dai ethnic fitness dance, through its rich dance movements, unique costumes, and music, forms an aesthetic system closely linked to the natural environment, ethnic culture, and spiritual aspects.

Symbolic Value

The Dai fitness dance is not only a form of body language expression but also a symbolic means of cultural transmission. Through dance movements, the symbolic values of the Dai people are vividly presented. Every movement and gesture in the dance is a continuation and recreation of Dai cultural symbols.

Cultural Metaphor of Natural Symbols

The movement design of Dai fitness dance is mostly derived from natural elements, especially water and living things, forming a unique natural cultural symbol system. (Tian, 2021) For example, the "water wave hand" movement simulates the dynamic flow of water by moving the hands, symbolizing the flow of water and the continuation of life, and reflecting the Dai people's reverence and dependence on water. The "water wave hand" movement shows the agility and nourishment of water through the up-and-down motion of the hands and the softness and delicacy of the fingers, reflecting the core value of "water is life" in Dai culture. For example, in the Songkran Festival performance in Xishuangbanna, the dancers use the "water wave hand" throughout the entire dance, combined with the rhythm of the elephant foot drum, to perfectly integrate the dance form and rhythm, showing the water culture and praise of life in Dai culture.

Biomimetic Actions and Ecological Implications

The movement design of Dai fitness dance is inspired by natural biological forms and has biomimetic features. For example, the action of "peacock opening its screen" simulates the unfolding of peacock wings, expressing the beauty and nobility of peacocks, while also symbolizing the Dai people's belief in harmonious coexistence with nature (Liu, 2019). In the "Peacock Opening the Screen" movement, the dancer extends their arms, imitating the shape of a peacock spreading its wings. This not only conveys aesthetic feelings, but also reflects the Dai people's reverence and admiration for nature and life.

Table 1. Analysis of Symbolic Actions and Cultural Connotation of Dai Fitness Dance

Action elements	Symbolic meaning	Presentation method
stretch	Embrace nature and light	Raise both hands high, facing the sun or sky
Water wave hand	The flow and nourishment of water	Arm movement, fingers light and agile
rotate	The Cycle and Harmony of Life	Rotating movements, stable body, and even rhythm
The Sun Stretching	Vitality and Radiance	Stretch your hands, face the sun, and keep your body upright

Data source: By JiayuLiu, 2024



Figure 1 Dance Movements

The Deep Cultural Significance of Ritual Symbols

The Dai fitness dance also has strong ceremonial symbols (Tan, 2022), which originate from traditional religious rituals and symbolize the Dai people's worship and gratitude towards nature. For example, the posture of "joining hands for blessings" is a ceremonial gesture that expresses gratitude and prayer. Through this movement, the dancer conveys reverence for nature, ancestors, and cosmic deities. In a wedding dance in a Dai village in Yunnan, the bride and guests participate in the "He Shi" dance movement, symbolizing gratitude to nature and ancestors. This action is not only a decorative language of dance, but also enhances the cultural connotation and spiritual power of dance.



Figure 2. A Wedding Dance in a Dai Village in Yunnan

Symbolic Enhancement in Clothing and Music

The colors and materials of Dai dance costumes are also rich in symbolic meanings, with common colors such as green and blue representing symbols of water and natural vitality. The combination of the fluttering of clothing and the movements of dancers enriches the beauty of dance, creating a dual visual and emotional experience. In ethnic festival dances, the combination of dancers' blue-green long dresses and movements such as "peacock opening the screen" enhances the visual impact of the dance, making it not only aesthetically pleasing in its movements, but also reflecting the Dai people's water culture and nature worship in the color and design of the costumes.



Figure 3. Dai Peacock Opening Screen Movement

Table 2. Analysis of Symbol Categories in Dai Fitness Dance

Symbol category	Element	Action examples	Symbolic meaning	Audience recognition (%)
Natural symbols	action	Water wave hand	Chongshui Culture, Life Cycle	78
Ritual symbols	gesture	He Shi prayed for blessings	Grateful for nature, praying for harmony	85
Clothing symbols	Color and Material	Blue green long skirt	Symbol of Water Culture and Praise of Life	80

Data source: By JiayuLiu, 2024

Experience Value

The experiential value of Dai fitness dance is not only reflected in the audience's appreciation of dance aesthetics, but also in the participants' physical and mental experiences. Through dance movements, rhythm, and music, participants can not only feel their bodies relaxing, but also generate deep emotional resonance and cultural identity (Yang, 2019). The experiential value of Dai fitness dance is reflected in its artistic expression, which not only conveys cultural symbols but also provides rich sensory and emotional experiences. The movement design and rhythm arrangement of dance bring strong visual impact and emotional resonance to the audience. Each dance movement is closely linked to the emotions and psychological state of the dancer, thereby conveying emotions and thoughts to the audience through physical movements.

Specifically, the "kicking" movement in dance represents strength and vitality, and its high-frequency rhythm and intensity convey a strong sense of movement and emotion to the audience. The "light rotation" in dance brings a soothing and relaxing feeling to the audience through slow movements and elegant body lines.

Table 3. Analysis of the Experiential Value of Dai Fitness Dance

Action elements	Experiential expression	Sensory Experience
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Twist and twist	The flow of body and emotions	Enhance sensory experience and resonance
jump	Refreshing rhythm and jumping	Bring visual impact to the audience
kicking	The embodiment of strength and coordination	Strong dynamic and rhythmic feeling
stretch	The language of freedom and harmony in dance	Comfortable and relaxing feeling

Data source: By JiayuLiu, 2024

Comprehensive Enhancement of Sensory Experience

The movement design of Dai fitness dance emphasizes the combination of flexibility, fluency, and rhythm. The stretching and delicacy of dance movements can make dancers feel the relaxation and stretching of their bodies during the practice process. The core movements such as "Water Wave Hand" and "Peacock Opening the Screen" require dancers to demonstrate their softness and fluidity through flexible arm and waist movements, thereby bringing a comprehensive sensory experience. In the Dai fitness dance workshop conducted by fitness institutions in Yunnan, participants generally expressed that they felt their bodies stretched and relaxed through practicing these movements. Especially among the 120 participants, 89% of them said that the softness of the dance had significantly eased and relaxed their bodies.

Music and Emotional Resonance

The music accompaniment of Dai fitness dance, especially the combination of hulusi and elephant foot drum, forms a resonance of rhythm and emotion. The rhythm changes of music complement the rhythm of dance movements, effectively regulating the emotions of dancers and enabling them to express and release their emotions during practice (Xiao, 2024). In a community activity, 10 groups of families participated in on-site learning of Dai fitness dance. Survey data showed that 70% of parents reported that the dance rhythm was soothing, which could reduce daily stress and improve emotional stability.



Figure 4. Dai Elephant Foot Drum Movement

Analysis of Cognitive Value

Cognitive value refers to the role of dance in spreading national culture, promoting cultural identity, and influencing audience cognition. As a form of ethnic dance, the cognitive value of Dai fitness dance is reflected in its inheritance and expression of ethnic culture, symbolic strengthening of ethnic identity, and

cross-cultural dissemination effects. The following will specifically explore the performance and data support of Dai fitness dance in these aspects.

National Value

Dai fitness dance is an important part of Dai culture, reflecting the harmonious coexistence between Dai people and nature, respect for water culture, and inheritance of traditional aesthetics (Zhoujie, 2024).

Strengthening the Function of Cultural Expression

The movement design and dance form of Dai fitness dance are deeply rooted in the social and natural background of the Dai people. The movements in dance often revolve around elements from nature, reflecting the Dai people's dependence on water sources and their reverence for the sun and other natural forces. For example, the "water wave hand" movement in dance not only symbolizes water flow, but also reflects the Dai people's recognition of natural circulation. Through this form of expression, dance has become a carrier of inheriting Dai culture, deepening people's understanding of the relationship between traditional culture and nature. Through the analysis of dance forms, symbolic movements can be identified, which represent the basic beliefs and values in Dai culture. For example, the Dai people's reverence for water sources is expressed through the movement of their arms, conveying the source of life and the close connection with nature. These elements are not only the form of dance movements, but also the core of cultural expression, conveying respect for the natural world and the value of human life.

Table 4. Cultural Dissemination Effect Data

Cultural icon	Action performance	Cultural connotation
water	Arm movement, representing the flow of water	The source of life, nourishment and vitality
sun	Stretch your hands and face the sunlight	The radiance and energy of life
Natural harmony	Coordination and extension of upper and lower limbs	Pursuing harmonious coexistence with nature
vitality	The agility and robustness of the body	Nature Worship and the Resilience of Life

Data source: By JiayuLiu, 2024

Symbolic Reinforcement of Ethnic Identity

Dai fitness dance plays an important role in ethnic identity (Long, 2023). Its unique dance movements, music, costumes, and stage design are all based on Dai culture, and strengthen national pride and cultural belonging through the dancers' body language. The props and costumes used by dancers in their performances, as well as the symbolic meaning of their dance movements, greatly enhance the ethnic characteristics of the dance.

For example, in the action of "peacock spreading its feathers", the dancer vividly depicts the unfolding of peacock feathers through the extension of their arms and fingers, symbolizing the splendor of life and the prosperity of nature. This action is not only beautiful and moving, but also deeply symbolic, demonstrating the Dai people's reverence for nature and vitality. Through this unique series of movements and symbols, the dance strengthens the sense of identity with Dai culture and conveys to the audience the love of the Dai people for their homeland, nature, and culture. In the performance of Yunnan Ethnic Expo, Dai fitness dance is regarded as the core project to showcase ethnic culture. According to audience surveys, 95% of visitors believe that the dance fully showcases the ethnic characteristics of the Dai people, reflecting the uniqueness and traditions of culture.

Table 5. Cultural Dissemination Effect Data

Spread scenario	Number of participants	Satisfaction level (%)	Data sources
Domestic cultural promotion activities	3000+	92	Activity statistics and survey questionnaire
International cultural exchange activities	1500+	89	Report on the "the Belt and Road" Project

Data source: By JiayuLiu, 2024

**Figure 5. Dai Movement**

Artistic Value

Dai fitness dance not only has fitness functions, but also demonstrates a high degree of artistry (Xiang, 2022). From the beauty of dance movements to the comprehensive artistic expression of the overall stage presentation, Dai fitness dance fully integrates traditional culture and modern art elements, creating unique artistic value.

Artistic Expression of Motion Aesthetics and Body Language

The movement design of Dai fitness dance is full of flowing beauty, and every movement of the dancers is full of elegant rhythm. For example, the "peacock opening the screen" movement in dance forms a smooth dynamic curve through the extension of the dancer's arms and fingers, showcasing the pursuit of softness and elegance in Dai culture. These movements are combined with the rhythm of the dance to form an artistic expression. The design of movements in dance often combines symmetry and asymmetry to showcase the unity of form and imagery. For example, the coordinated movements of dancers' upper and lower limbs, as well as the extension of their limbs during rotation, present a vivid and smooth visual effect through changes in rhythm and space. This unique way of expression gives dance a stronger artistic appeal.

The Combination of Action and Music

The music of Dai fitness dance mainly consists of traditional instruments such as hulusi and elephant foot drum. The movements of the dance complement the rhythm of the music, creating a harmonious audio-visual experience. For example, the combination of the "peacock dancing" movement with the melody of hulusi music, the dancer's arm movements echoing the flow of notes, creates a perfect fit between dance

and music, and enhances the artistic appeal of the overall performance. The combination of music and action not only enhances the audience's immersion, but also makes the entire dance performance more vivid and layered.

The Comprehensive Expression of Clothing and Visual Arts

The clothing design of Dai fitness dance is exquisite, usually using lightweight silk materials, with blue, green, and gold as the main colors, simulating the natural lake water, leaves, and sunlight. The combination of clothing and dance movements creates a visually striking effect. Especially under the backdrop of stage lighting, clothing and dance movements complement each other, showcasing the unique aesthetics of Dai culture. The costumes of dancers not only add visual beauty, but also further express the vitality and natural power of dance through their dynamic effects.

At the 2024 Yunnan Ethnic Dance Art Festival, the clothing design of Dai fitness dance incorporates modern LED lighting effects. Dancers present a dynamic effect of peacock feathers flashing through the interaction between lighting and clothing. This innovative design attracted nearly a thousand audience members to participate and interact, showcasing the artistic charm of combining traditional dance with modern technology.

Table 6. Improvement Data of Dance Art Expression

Index	Initial value	Value after practice	Improvement rate (%)
The harmony between music and action	75%	85%	+10
The attractiveness of fashion design	80%	90%	+10
Stage performance	85%	96%	+11

Data source: By JiayuLiu, 2024

Analysis of Social Value

Fitness Value

Dai fitness dance has significant fitness value (Dong, 2023). Research has shown that movements in dance can not only improve the body coordination, strength, and flexibility of dancers, but also enhance cardiovascular function and promote muscle movement throughout the body. Through quantitative analysis of Dai fitness dance, it was found that it can effectively improve the physical level of dancers and help enhance their flexibility and stability.

Table 7. Analysis of the Fitness Effect of Dai Fitness Dance

Action elements	Fitness Effect	Frequency (times/minute)	Duration (minutes)	Heart rate increase (%)
stretch	Improve flexibility and shoulder agility	12	5	5%
Twist and twist	Enhance waist flexibility and coordination	18	4	10%
kicking	Improve lower limb strength and coordination	15	6	8%
jump	Enhance leg strength and cardiovascular function	10	4	12%

Data source: By JiayuLiu, 2024

Dai fitness dance emphasizes the coordination of various parts of the body, especially the flexibility training of the shoulders, waist, and lower limbs. Dance movements such as the "water wave hand" improve upper limb flexibility through arm movements, while the "peacock step" helps enhance the strength and stability of lower limb muscles. Long term practice of these dance movements can effectively improve body coordination, flexibility, and strength, thereby promoting overall health. Shoulder flexibility: After 12 weeks of dance training, shoulder flexibility has improved by 15%; Balance ability: Participants' single leg standing time increased by 22%; Cardiovascular endurance: Maximum oxygen uptake increased by 18%. These data fully verify the effectiveness of Dai fitness dance in the field of fitness, especially its significant role in improving body flexibility, coordination, and cardiovascular function.

In addition to promoting physical health, Dai fitness dance also plays a positive role in mental health. Its beautiful dance movements and gentle music rhythm can effectively relieve participants' stress, regulate emotions, and enhance psychological resilience. Research has found that individuals who participate in Dai fitness dance for a long time have an average decrease of 20% in depression symptoms, while their happiness index has increased by 30%. This data indicates that Dai fitness dance has a significant positive impact on mental health.

Inheritance Value

As a traditional cultural art, Dai fitness dance carries the function of inheriting Dai history and culture. Through regular cultural activities, festival ceremonies, and school education, Dai fitness dance can be inherited and promoted among the younger generation. With the process of modernization, Dai fitness dance is constantly innovating and developing to better meet the needs of contemporary society. Dai fitness dance is not only a way of fitness, but also an important medium that carries the memory of Dai culture and ethnic traditions. Through intergenerational inheritance, Dai fitness dance has continued from the past to the present, providing cultural identity and emotional bonds for modern society.

The Transmission of Cultural Memory

Dai fitness dance not only carries on cultural inheritance through oral transmission, but also preserves the memory of Dai culture through standardized teaching methods, textbook compilation, and other means (Zeng, 2021). Each dance movement carries the traditional culture and religious beliefs of the Dai people. With the intervention of the education system, Dai fitness dance has become an important component of school physical education and art courses, enabling this traditional dance to be more widely spread and inherited. In Xishuangbanna, Yunnan, Dai fitness dance has become an extracurricular activity in primary and secondary schools, with over 5000 students participating every year. This systematic learning approach not only enhances students' physical fitness, but also stimulates their interest and sense of identification with Dai culture.

Family Style Inheritance and Community Cultural Activities

In Dai society, fitness dance is preserved through family inheritance, with elders leading the younger generation to learn and perform. Especially during festivals, family members participate in collective dance together, enhancing the cohesion of the family and community, and deepening the younger generation's identification with traditional culture (Duan&Li, 2015). In a Dai village in Yunnan, during the Water Splashing Festival, family members will dance Dai fitness dances together to enhance family emotions and strengthen the cultural identity of the community. This family style inheritance method has become an important way for the continuation of Dai culture.

Innovation Inheritance in Modern Forms

With the changes of the times, Dai fitness dance not only retains its traditional form, but also innovates to make it more suitable for the needs of modern society. For example, many gyms and fitness clubs have introduced Dai fitness dance into their curriculum, attracting a large number of young people to participate.

Spreading Value

Dai fitness dance is not only spread in Dai areas, but also gradually spread nationwide and even globally through cross-cultural communication, performance activities, and media dissemination (Song, 2021). The dissemination of this culture not only promotes the diversity of Dai culture, but also provides an important way for the world to understand Chinese ethnic culture. The dissemination of Dai fitness dance is not only a promotion of ethnic culture, but also a contribution to world culture.

Cultural Communication and Social Influence

Dai fitness dance has a unique social influence in the inheritance of ethnic and regional culture, not only in Dai areas, but also in cultural exchange and dissemination nationwide and even internationally. Through dance, the history, traditions, and philosophical concepts of the Dai ethnic group are vividly presented and shared. The dissemination of this culture is not limited to dance itself, but also encompasses the cultural significance and values it carries.

The Cultural Dissemination Methods of Dai Fitness Dance

In today's society, Dai fitness dance has been spread and promoted through various channels, especially playing an important role in cultural festivals, performing arts activities, and international cultural exchanges. The expression of dance is visually impactful and can also evoke cultural resonance, attracting audiences from different cultural backgrounds.

Cultural festivals: Traditional Dai festivals such as the Water Splashing Festival and Dai dance performances are the main occasions for the widespread dissemination of Dai fitness dance. These activities not only have a profound impact on local people, but also attract a large number of foreign tourists, promoting the dissemination and recognition of Dai culture.

International cultural exchange: With the promotion of China's "the Belt and Road" initiative (Dong, 2023), Dai fitness dance has gradually played an important role in international cultural exchange. Through international dance festivals, cultural exchange performances, and other platforms, Dai fitness dance has become a part of Chinese culture, showcasing China's rich ethnic culture to the world.

Table 8. The Cultural Transmission and Influence of Dai Fitness Dance

Transmission route	Primary coverage	Target audience	Spread impact
Cultural Festivals	Water Splashing Festival, Ethnic Dance Performance	Local residents and tourists	Deepen ethnic cultural identity and pride
International Dance Festival	International Dance Festival and Cultural Exchange Performances	Overseas audiences and cultural institutions	Promote cultural understanding and recognition between China and foreign countries
Media and Internet	Spread through video platforms, television programs, etc	Global audience, especially young people	Promote global awareness and popularization of Dai culture
Schools and educational institutions	Dai dance courses and performances	Students, cultural researchers, and scholars	Cultivate cultural inheritors and disseminators

Data source: By JiayuLiu, 2024

The Cross Cultural Exchange Value of Dai Fitness Dance

In today's increasingly globalized world, Dai fitness dance, as a part of traditional Chinese culture, has demonstrated its unique value in cross-cultural communication. With the increase of international dance festivals, cultural exchange activities, and collaborative projects, Dai fitness dance is gradually moving from a local culture to the international stage. As a form of cultural expression, it is not only a symbol of Dai culture, but also an important part of Chinese culture. Through the language of dance, it breaks down cultural barriers and conveys Chinese cultural ideas and philosophical concepts.

The Cultural Adaptability of Dai Fitness Dance

Dai fitness dance has demonstrated strong cultural adaptability in the process of conveying ethnic culture. In different cultural environments, Dai fitness dance not only preserves its ethnic and traditional characteristics, but also enables dialogue with other cultures.

Cultural understanding and acceptance: In the eyes of some foreign audiences, the movements of Dai fitness dance are rhythmic and dynamic, making it easy to be accepted and generate interest. At the same time, the natural elements expressed in dance, such as water, sun, and land, are in line with the reverence and worship of nature in different cultures around the world, forming cross-cultural emotional resonance.

Cultural exchange and cooperation: There is a clear cultural contrast and complementarity between Dai fitness dance and other ethnic dance forms from other countries. For example, in certain international exchange activities, Dai fitness dance interacts and collaborates with traditional dances from countries such as India and Thailand, showcasing the similarities and differences of Southeast Asian culture and promoting cultural diversity and innovation.

Table 9. Analysis of the Performance and Adaptability of Dai Fitness Dance in Cross cultural Communication

Cultural elements	Cross cultural communication performance	Cross cultural resonance points	Influence
Water element	Water wave hand movements, depicting the flow of water	The Symbolism of Water in Multiculturalism	Global audience recognizes the natural worship of water
Rotation and Rhythm	The fusion of body rotation and jumping rhythm	The commonality between rhythm and dynamism	Attracting audiences from different cultural backgrounds
Sunshine Stretching	The stretching movement of both hands facing the sunlight	Sunshine symbolizes vitality and hope	Symbolic transmission of cultural identity and vitality
Respect for nature	Motion Design and Natural Harmony in Dance	Respect and admiration for nature	Consensus and Respect for Nature in Global Cultures

Data source: By JiayuLiu, 2024

The Dissemination Effect of Social Platforms

With the rise of social media, the dissemination channels of Dai fitness dance have been greatly expanded, especially the popularity of short video platforms, which has enabled the rapid dissemination of teaching and performance videos of Dai fitness dance. On platforms such as Tiktok and TikTok, Dai fitness dance has not only attracted the attention of domestic audiences, but also attracted the interest of international audiences. On the Tiktok platform, a teaching video about Dai fitness dance has been watched 6 million

times in just a few days, becoming a popular video. These viewers not only come from China, but also from other countries. Through these platforms, Dai fitness dance has achieved cross-cultural dissemination.

Table 10. Data Table

Platform	Viewing volume (10000)	Interaction Rate (%)	Number of shares (times)
Tiktok (China)	600	18%	12000
TikTok (International)	450	16%	10000
WeChat Video Account	350	15%	8000
YouTube	700	20%	15000

Data source: By JiayuLiu, 2024

With the strengthening of cultural exchanges, Dai fitness dance has gradually gone global and become one of the important representatives of Chinese culture. Its dissemination value is mainly reflected in the global dissemination of culture and the enhancement of national identity. Through cultural exchange activities and international dance festivals, Dai fitness dance has become a powerful tool to showcase the diversity of Chinese culture to the world. It not only helps people around the world understand the history and culture of the Dai ethnic group, but also promotes the global influence of Chinese culture.

Table 11. Data Table

Value category	Specific content	Impact level	Result analysis
Aesthetic Value	Symbolic value, experiential value	Cultural identity and artistic expression	Dai fitness dance expresses cultural connotations through symbolic movements and rhythms, enhances cultural identity, and has strong artistic expression.
Perceived Value	Ethnic value, artistic value	Cultural understanding and artistic appreciation	Through dance movements, participants can better understand Dai culture and its artistic forms, enhancing cultural confidence.
Social Value	Social interaction and emotional cohesion	Social harmony and community cohesion	Dai fitness dance enhances the connection and sense of social belonging among community members, becoming an important force in promoting social harmony.
Fitness Value	Improvement in body coordination, strength and flexibility, and cardiopulmonary function	good health	Dance helps to enhance various physical fitness, especially for middle-aged and elderly people, and has a significant improvement effect on their health.
Inheritance Value	Cultural inheritance and intergenerational transmission	Cultural continuity and ethnic identity	Dai fitness dance helps the younger generation inherit and protect traditional culture, enhancing their sense of ethnic identity.

Spread Value	Cross cultural communication and international influence	Cultural exchange, global cultural influence	As a carrier of cultural dissemination, Dai fitness dance has promoted the global dissemination of Chinese culture and elevated the international status of ethnic culture.
Data source: By JiayuLiu, 2024			

Conclusion

By applying the theory of dance ecology to analyze the artistic value of Dai fitness dance, it can be found that Dai fitness dance has rich connotations and significant influence in aesthetics, cognition, and social value. From symbolic, experiential, and artistic perspectives, Dai fitness dance not only carries the cultural identity and nature worship of the Dai people, but also showcases the themes of life, nature, and harmony through body language. By quantitatively analyzing its fitness effects and dissemination impact, this study can clearly see the important role of Dai fitness dance in promoting physical health, inheriting culture, and promoting social integration. Dai fitness dance still maintains its unique artistic charm and cultural value in the wave of globalization and modernization. It not only has a profound influence in the Dai community, but also gradually forms a wide social identity and cultural dissemination network through cross-cultural communication and media dissemination. In the future, with the promotion of more cultural activities and educational projects, the social, cultural, and artistic value of Dai fitness dance will be further enhanced and inherited.

Discussion and Prospect

Discussion

Dai fitness dance, as a unique form of ethnic cultural expression, possesses multidimensional artistic value. Aesthetically, its movements, inspired by nature and life—such as peacock wing-spreading and flower-picking—symbolize harmony between humans and nature, conveying the Dai people's appreciation for life and natural beauty. The blend of softness and agility in its movements provides participants with both fitness benefits and an aesthetic experience. Cognitively, Dai fitness dance integrates ethnic symbols and body language, offering a cultural learning experience. Through practicing movements like the peacock dance, participants develop rhythm, coordination, and spatial awareness while deepening their understanding of Dai culture. Socially, Dai fitness dance fosters community cohesion by enriching festivals and ceremonies, strengthening cultural identity, and enhancing emotional bonds. On a broader scale, it offers modern urban populations a cultural fitness activity that promotes well-being and social interaction, contributing to societal harmony.

Prospects for the Future Development of Dai Fitness Dance

In the future, the development of Dai fitness dance can be carried out from the following aspects:

Strengthen academic research and theoretical construction: With dance ecology theory as the core, further explore the deep connotations of Dai fitness dance in aesthetics, cognition, and social value, and transform its research results into an internationally recognized theoretical framework to promote academic exchanges in ethnic dance research.

Promoting the integration of education and culture: In the education system, Dai fitness dance is used as an interdisciplinary teaching case, combined with disciplines such as aesthetics, physical education, anthropology, etc., to enrich the teaching content. At the same time, easy to understand textbooks and

promotional videos can be written to popularize them in schools and communities.

Expand influence through digital communication: Fully utilize short video platforms, social media, and virtual technology to develop digital products for Dai fitness dance, such as online courses, interactive apps, etc., to attract more domestic and foreign audiences to participate.

Building a cross-cultural communication platform: Through international dance festivals, cultural exchange conferences, and other activities, promote the dissemination and exchange of Dai fitness dance worldwide. For example, overseas dance teams can be invited to participate in the learning and performance of Dai fitness dance, enhancing interaction between different cultures.

Supporting local cultural industries: With the collaborative efforts of the government and the public, with Dai fitness dance as the core, we will develop related cultural industries such as dance training, ethnic costume design, cultural tourism, etc., forming a win-win situation for cultural protection and economic development.

Expand international communication channels: Establish cooperative relationships with international cultural organizations and universities, carry out cultural exchange projects, and further enhance the global popularity of Dai fitness dance through international tours, academic seminars, and other forms. At the same time, it is possible to explore cross-border integration with art forms such as film and music, adding more expressive power to them.

In summary, Dai fitness dance, as a traditional cultural expression, has profound artistic connotations and social value. In the context of globalization and modernization, through theoretical innovation, diversified forms, and expanded dissemination channels, Dai fitness dance can not only achieve its cultural inheritance goals, but also radiate new vitality in cross-cultural communication, becoming an important carrier for showcasing China's cultural soft power. Through multi-party collaboration and continuous efforts, Dai fitness dance will continue to occupy an important position in the global cultural map, contributing to the promotion of cultural diversity and the common well-being of humanity.

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