

Chinese and Western Elements Combined, Classics Come

At 3 p.m. on the afternoon of Nov. 15th, Lily Cai, the ethnic Chinese dancer in California came to Troy University for culture exchange and lecture giving. Lily Cai was specially invited by Confucius Institute at Troy University and Troy Arts Council to give a lecture and a performance. She gave a lecture on the different aesthetic orientation of Chinese and western dancing arts at Trojan Centre Theater; Confucius Institute members and the students and staff from the college of communication and fine arts and Troy Art Council attended the lecture.



Lily Cai is an artist that takes arts as her life. She was born in Shanghai, and has been in America over 20 years, so she can better appreciate the differences between Chinese and western dance. She demonstrated to us the essence of Chinese dancing with vivid examples, from which one can tell she was really into dancing arts and worked as an envoy to spread Chinese dances. She played a video about the dances she created for us, in which there were many Chinese elements such as silk ribbon, handkerchief, fans, chiffon, and also the western elements. Her dances can be said a combination of Chinese and western dancing arts. The spirits of Chinese dancing and Chinese calligraphy can be described as treading the different paths that lead to the same destination, which as Lily Cai generalized herself as a lively artistic conception. Her dances were notable for the strength and the Qi, which were the embodiment of her dance essence. Dancing moves were not some fancy boxing but a sudden release of the inner strength, which was full of

explosive force. Her dances were condensed, profound, and meaningful and were a pageant of visual arts. As Lily Cai put it herself, when choosing a dancer, she paid attention to their inner strength, which we call Qigong in China, that is, the movement should go along with breath and be powerful; only after the achievement of Qi, one can fully express the spirits of dance. In her lecture, she demonstrated how to laugh and cry with Qi, otherwise, the expression of emotions were nothing but superficial. The students were moved by her and they were looking forward to the discussion about dancing arts with Lily Cai later that evening.

Lily Cai's achievements lie in that she can combine the artistic spirits of Chinese and western dancing arts together in her chances naturally and harmoniously. Dancing arts are magnificent, but behind the magnificence requires long and hard training; Lily Cai creates her masterpieces exactly by the virtue of the constant pursuing and devoting spirits to dancing arts.