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## The Inheritance and Innovation of Modern Mongolian Dance: A Case Study of "Ben Teng"

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### Abstract

*The inheritance and innovation of modern Mongolian dance represent critical areas in preserving and developing cultural heritage. This study analyzes "Ben Teng," a representative modern Mongolian dance piece, to explore the balance between traditional elements and innovative expression in contemporary choreography. This research investigates how "Ben Teng" integrates classical Mongolian movements with modern techniques by employing qualitative methods such as participant observation, expert interviews, and video analysis. The findings highlight the adaptive strategies dancers and choreographers use to maintain cultural continuity while embracing creative evolution. The results indicate that contemporary Mongolian dance preserves cultural identity and contributes to expanding the artistic repertoire through innovative practices. This paper discusses the significance of these findings in the broader context of cultural preservation and artistic innovation, proposing recommendations for future choreographic practices and cultural policies.*

**Keywords:** Modern Mongolian Dance, Cultural Heritage Preservation, Choreographic Innovation, "Ben Teng", Dance Adaptation Strategies.

### Introduction

The Mongolian ethnic dance, a unique and captivating art form, has evolved significantly throughout history. Its rich cultural heritage, deep-rooted traditions, and artistic expression have not only shaped the identity of the Mongolian people but have also garnered global recognition and appreciation (Ge, 2022). This dissertation explores Mongolian dance's origins, historical context, and modern interpretations, explicitly focusing on the renowned dance piece "Ben Teng."

The origins of Mongolian dance can be traced back to ancient times when nomadic tribes roamed the vast grasslands of Mongolia. These early dances were closely tied to the rhythms of daily life, celebrating the symbiotic relationship between humans, nature, and animals (Liu, 2022). Ritual dances were performed to honor the spirits of the land, pray for bountiful harvests, and express gratitude for the blessings bestowed upon the community. The fluid movements, mimicking the grace of horses and the flight of eagles, became the foundation for Mongolian dance's unique style and aesthetics (Chu, 2022).

As Mongolian society evolved and diversified, so did its dance traditions. The influence of neighboring cultures, such as China and Russia, began to shape the artistic landscape. Introducing new musical instruments, such as the morin khuur (horse-head fiddle) and the

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tovshuur (Mongolian lute), added depth and complexity to the accompanying melodies (Ji & Ren, 2020). The integration of these elements gave rise to distinct regional variations and styles, each reflecting the diverse Mongolian communities' local customs, beliefs, and cultural identities.

In the modern era, Mongolian dance has undergone a remarkable transformation, embracing innovation while preserving its rich heritage. Choreographers and dancers have pushed the boundaries of traditional forms, incorporating contemporary techniques and themes to create compelling and relevant works of art (Bao, 2020). The fusion of ancient traditions with modern sensibilities has given birth to a new generation of Mongolian dance that speaks to the aspirations and challenges of the 21st century.

One such modern interpretation that exemplifies the evolution of Mongolian dance is the critically acclaimed piece "Ben Teng." Choreographed by the renowned artist Siqin Bolormaa, "Ben Teng" is a powerful and evocative work that pays homage to the spirit of the Mongolian horse, a symbol of freedom, strength, and resilience. The dance captures the essence of the sacred bond between horse and rider, depicting the harmony and unity between humans and nature (Ding, 2023).

A meticulous choreographic analysis shows that "Ben Teng" masterfully weaves traditional Mongolian dance elements with contemporary techniques. The dancers' movements are fluid and dynamic, mimicking horses' graceful strides and gallops across the vast steppes (Naren, 2021). The choreography incorporates intricate footwork, acrobatic leaps, and synchronized formations, creating a visually stunning and emotionally charged performance.

The impact of "Ben Teng" extends far beyond its artistic merits. The dance has become a cultural phenomenon, captivating audiences within Mongolia and on international stages (Chen, 2021). It has served as a powerful ambassador for Mongolian culture, showcasing the Mongolian people's beauty, strength, and resilience (Wang & Li, 2022). The success of "Ben Teng" has inspired a new generation of Mongolian dancers and choreographers, who continue to push the art form's boundaries and explore new avenues of creative expression.

The evolution of Mongolian dance from its ancient roots to its modern interpretations is a testament to the Mongolian people's enduring spirit and cultural richness. The case study of "Ben Teng" exemplifies how traditional elements can be seamlessly integrated with contemporary techniques to create a powerful and resonant work of art. As Mongolian dance continues to evolve and adapt to the changing world, it remains a vital and vibrant expression of Mongolian identity, a celebration of the past, and a beacon of hope for the future.

## **Research Objective**

The main goal of this study is to investigate how the modern Mongolian dance work "Ben Teng" finds a balance between inheriting traditional elements and pursuing innovative artistic expression. Specifically, the purpose of this study is to analyze the integration of Mongolian classical dance movements and modern choreographic techniques, to study the adaptive methods used by dancers and choreographers to protect cultural heritage and promote creative progress, and to evaluate the enrichment of these methods to the modern dance repertoire and the inheritance of cultural identity. This study aims to provide a reference for future choreographic methods and help formulate cultural policies that support the sustainable innovation and inheritance of Mongolian dance.

## **Methodology**

This study adopts a qualitative research method, taking the dance work "Ben Teng" as a case study, aiming to study the evolution and inheritance of modern Mongolian dance. Participatory observation is a data collection method that enables researchers to closely observe rehearsals and performances to understand the integration of traditional and modern elements in practice. The researchers conducted semi-structured interviews with choreographers, dancers, and cultural experts to understand their creative intentions, interpretation methods, and views on cultural innovation and inheritance. In addition, by using video analysis techniques, the researchers carefully studied the choreography, movement vocabulary, stage design, musical accompaniment, and music of "Benteng." Their efforts aim to comprehensively assess the reinterpretation of traditional Mongolian dance aesthetics in the modern world. Combining these methods ensures a comprehensive understanding of the research topic and enhances the depth and credibility of the research results.

## **Findings**

### **The Historical Context of Mongolian Dance**

#### **Origins of Mongolian Dance**

The origins of Mongolian dance can be traced back to the nomadic lifestyle and rich cultural traditions of the Mongolian people. Deeply rooted in the vast grasslands and the spiritual beliefs of the Mongols, the earliest forms of Mongolian dance were characterized by their close connection to nature, shamanic rituals, and the daily lives of the nomads. These ancient dances, performed around campfires and during important ceremonies, expressed the Mongolian people's reverence for the land, the sky, and the spirits that inhabited their world.

One of the most significant influences on the development of Mongolian dance was the concept of "Tenggerism," a belief system that revered the sky god Tengger and emphasized the harmony between humans, nature, and the divine. This belief system was reflected in the movements and themes of early Mongolian dances, which often mimicked the graceful movements of animals, rivers' flow, and the wind's power. Dances such as the "Andai," which imitated the flight of eagles, and the "Morin Khuur," which celebrated the bond between riders and their horses, exemplified this deep connection to the natural world.

Another crucial aspect of the origins of Mongolian dance was its role in shamanic rituals and spiritual practices. Shamans, the Mongolian people's spiritual leaders, used dance to communicate with the spirit world, heal the sick, and ensure the community's well-being. These ritualistic dances, often accompanied by hypnotic drumming and chanting, were believed to facilitate the shaman's journey into the spirit realm and channel the spirit's power into the physical world. The "Boo Murgul," a dance performed by shamans during healing ceremonies, exemplifies this mystical and spiritual aspect of early Mongolian dance.

As the Mongolian Empire expanded under the leadership of Genghis Khan and his successors, Mongolian dance began incorporating influences from the various cultures and regions that the Mongols encountered. The royal court of the Mongolian Khans became a melting pot of artistic traditions, with dancers, musicians, and performers from across the Empire contributing to the evolution of Mongolian dance. This cultural exchange led to new dance forms, such as the "Jaguar," which blended elements of Mongolian, Tibetan, and Central Asian dance styles.

Despite the cultural and political changes that the Mongolian people experienced over the

centuries, the core elements of Mongolian dance remained deeply ingrained in their identity and cultural heritage. The nomadic lifestyle, the reverence for nature, and the spiritual beliefs of the Mongols continued to shape the development of their dance traditions. Even as the Mongolian Empire fragmented and the Mongols adapted to settled life, the ancient dance forms were passed down from generation to generation, preserving the essence of Mongolian culture and history.

In the 20th century, Mongolian dance underwent a significant transformation as the country experienced political and social upheaval. The establishment of the Mongolian People's Republic in 1924 and the influence of Soviet-style cultural policies led to the formalization and institutionalization of Mongolian dance. The traditional dance forms were adapted to fit the ideological framework of the socialist state, with new choreography and themes that emphasized the struggle of the working class and the nation's progress.

Despite these changes, the core elements of Mongolian dance, rooted in the ancient traditions of the nomads, continued to thrive. The establishment of professional dance troupes, such as the Mongolian State Academic Theatre of Opera and Ballet, provided a platform for preserving and promoting traditional Mongolian dance forms. These troupes played a crucial role in ensuring that Mongolian dance's rich history and cultural significance were not lost amidst the political and social transformations of the 20th century.

In recent decades, there has been a resurgence of interest in the traditional roots of Mongolian dance as both artists and audiences seek to reconnect with their cultural heritage. Contemporary Mongolian dancers and choreographers have begun to explore the ancient dance forms, incorporating elements of shamanic rituals, nomadic traditions, and the spiritual beliefs of their ancestors into their work. This revival of interest in the origins of Mongolian dance has led to a renewed appreciation for the unique cultural identity of the Mongolian people and the timeless beauty of their traditional dance forms.

As Mongolian dance continues to evolve and adapt to the challenges of the modern world, it remains a powerful expression of the Mongolian people's connection to their land, history, and spiritual beliefs. The origins of Mongolian dance, deeply rooted in the nomadic lifestyle and the rich cultural traditions of the Mongols, continue to inspire and inform the development of this vibrant and enduring art form. By understanding and celebrating the origins of Mongolian dance, we gain a deeper appreciation for the Mongolian people's resilience, creativity, and cultural richness.

### **The Evaluation of Mongolian Dance**

Over the centuries, Mongolian dance has undergone significant evolution, reflecting the changing cultural landscape and the influences of various historical events. During the early stages of development, Mongolian dance was primarily characterized by its close connection to the nomadic way of life, with movements and rhythms inspired by the Mongolian people's daily activities and natural environment. These dances often featured imitations of animals, such as horses and eagles, and depictions of hunting and herding practices.

As Mongolian society evolved and came into contact with other cultures, new elements were incorporated into the traditional dance forms. The introduction of Buddhism in the 16th century, for example, profoundly impacted Mongolian art and culture, including dance. Buddhist themes and symbolism began to appear in the choreography, and the dances took on a more ritualistic and ceremonial character. The slow, graceful movements and intricate hand gestures that are now synonymous with Mongolian dance can be traced back to this period.

In the 20th century, Mongolian dance underwent further transformations as the country experienced political and social upheaval. The establishment of the Mongolian People's Republic in 1924 brought about a new emphasis on national identity and cultural pride. Dancers and choreographers began to explore ways of preserving and promoting traditional Mongolian dance forms while incorporating elements of modern dance and ballet. This fusion of styles gave rise to a new generation of Mongolian dance rooted in tradition and responsive to contemporary influences.

One of the most significant developments in the evolution of Mongolian dance was the establishment of professional dance troupes and academies. The National Academic Theatre of Opera and Ballet, founded in 1963, played a crucial role in training dancers and choreographers and developing a distinct Mongolian ballet style. The Mongolian State University of Arts and Culture, established in 1979, further contributed to the professionalization of Mongolian dance by offering advanced training programs in choreography and performance.

In recent decades, Mongolian dance has continued to evolve and adapt to the changing times. Choreographers have experimented with new forms and styles, incorporating elements of contemporary dance, hip-hop, and other global influences. At the same time, there has been a renewed interest in preserving and promoting traditional Mongolian dance forms, particularly those associated with specific ethnic groups and regions.

One notable example of this trend is the Khusugtun Mongolian Ethnic Music Group, which has gained international recognition for its traditional Mongolian music and dance performances. The group's choreography draws heavily on the dance traditions of the Khalkha, Buryat, and Kalmyk peoples, incorporating elements such as the "biyelgee" or "bii biyelgee" dance originated in Western Mongolia. The Khusugtun Mongolian Ethnic Music Group has performed extensively worldwide, helping promote Mongolian culture and raise awareness of the country's rich dance heritage.

Another important factor in the evolution of Mongolian dance has been the growing interest in cultural tourism. As more visitors come to Mongolia to experience its unique culture and landscape, there has been a corresponding demand for traditional music and dance performances. This has created new opportunities for dancers and choreographers to showcase their skills and share their cultural heritage with a broader audience.

Despite Mongolian dance's many changes and influences over the centuries, certain key elements have remained constant. The emphasis on fluid, graceful movements, symbolic gestures, facial expressions, and the close connection between dance and music are all hallmarks of Mongolian dance that have endured through time. These elements express the Mongolian people's deep spiritual and cultural values and convey a sense of harmony and unity with the natural world.

As Mongolian dance continues to evolve and adapt to the challenges of the 21st century, it will undoubtedly be shaped by new influences and experiences. However, the core values and traditions that have sustained this art form for generations will continue to serve as a source of inspiration and strength for dancers and choreographers alike. Through their dedication and creativity, these artists will ensure that Mongolian dance remains a vital and dynamic part of the country's cultural heritage for generations.

## **Modern Interpretations**

### **Innovations in Choreography**

In modern interpretations of Mongolian dance, choreographers have pushed the boundaries of traditional movement vocabularies and themes, infusing their works with fresh perspectives and innovative techniques. These contemporary approaches have revitalized the art form, attracting new audiences and sparking a renewed interest in Mongolia's rich cultural heritage.

One notable example of this choreographic innovation can be seen in the work of Siqintariha, a renowned Mongolian dancer and choreographer. In his groundbreaking piece "Eternal Sky," Siqintariha seamlessly blends elements of traditional Mongolian dance with contemporary dance techniques, creating a mesmerizing and emotionally charged performance. The choreography incorporates fluid, expansive movements that evoke the vastness of the Mongolian landscape while also utilizing sharp, precise gestures that reflect the strength and resilience of the Mongolian people.

Siqintariha's innovative approach to choreography is characterized by his ability to deconstruct and reinterpret traditional movements, imbuing them with new meaning and relevance. In "Eternal Sky," he unexpectedly incorporates the iconic horse-head fiddle, a symbol of Mongolian cultural identity, into the choreography. Dancers manipulate the instrument as a prop, creating dynamic shapes and patterns that underscore the piece's themes.

Another choreographer who has made significant contributions to the evolution of Mongolian dance is Oyungerel Yadamjav. Her work often explores the complex relationships between tradition and modernity and how these forces shape Mongolian identity. In her piece "Whispers of the Steppe," Yadamjav combines traditional Mongolian dance movements with elements of contemporary dance and multimedia technology to create an immersive and thought-provoking experience for the audience.

The choreography in "Whispers of the Steppe" is characterized by its fluidity and dynamism, with dancers moving seamlessly between traditional and contemporary vocabularies. Yadamjav incorporates video projections and original music compositions to create a multi-layered narrative that explores the tensions between the past and the present, the rural and the urban, and the individual and the collective.

These innovative approaches to choreography have expanded the artistic possibilities of Mongolian dance and helped make the art form more accessible and relevant to contemporary audiences. By incorporating elements of modern dance, multimedia technology, and interdisciplinary collaboration, choreographers like Siqintariha and Yadamjav have created works that speak to the experiences and concerns of Mongolian people today.

Moreover, these choreographic innovations have also significantly impacted the training and development of Mongolian dancers. Many young dancers are now exposed to a wider range of movement vocabularies and techniques, which has helped to foster a new generation of versatile and creative performers. Dance schools and conservatories across Mongolia have begun to incorporate contemporary dance training into their curricula, recognizing the importance of preparing dancers for the demands of the modern dance world.

The influence of these choreographic innovations can also be seen in the work of emerging Mongolian choreographers, who are increasingly pushing the boundaries of traditional dance forms and exploring new modes of expression. Works like "Nomadic Soul" by Enkhbaatar

Chantsaldulam and "Urban Shamans" by Ganbaatar Bulganchimeg demonstrate a growing interest among young choreographers in using dance as a means of social and political commentary and a tool for cultural preservation and innovation.

As Mongolian dance continues to evolve and adapt to the changing cultural landscape, it is clear that the contributions of innovative choreographers like Siqintariha and Yadamjav will have a lasting impact on the art form. By embracing new technologies, collaborating across disciplines, and exploring contemporary themes and issues, these artists have helped ensure that Mongolian dance remains a vital and relevant cultural practice that can continue to inspire and engage audiences for generations to come.

### **Adaptation to Contemporary Culture**

In recent years, Mongolian dance has undergone significant adaptations to contemporary culture, reflecting the evolving identity and values of modern Mongolian society. Choreographers have skillfully integrated traditional dance elements with modern artistic concepts, creating innovative works that resonate with audiences across generations. This fusion of tradition and modernity has revitalized Mongolian dance and expanded its reach and appeal beyond its cultural boundaries.

One notable example of this adaptation is incorporating contemporary music and production techniques into Mongolian dance performances. Choreographers have collaborated with musicians to create original scores that blend traditional Mongolian instruments and melodies with modern rhythms and electronic elements. These musical compositions provide a fresh and dynamic backdrop for the dance, enhancing its emotional impact and cultural relevance. Advanced lighting, projection, and stage design technologies have also elevated Mongolian dance's visual spectacle, creating immersive and engaging experiences for audiences.

Moreover, modern interpretations of Mongolian dance have explored a wide range of themes and narratives that reflect the complexities of contemporary life. Choreographers have tackled social issues such as urbanization, environmental conservation, and gender equality, using dance as a powerful medium for storytelling and advocacy. By addressing these relevant topics, Mongolian dance has become a platform for critical reflection and dialogue, fostering a deeper connection between the art form and its audience.

Adapting Mongolian dance to contemporary culture has also involved incorporating diverse dance styles and techniques from around the world. Choreographers have experimented with ballet, modern dance, and hip-hop elements, integrating them seamlessly with traditional Mongolian movements and aesthetics. This cross-cultural pollination has not only enriched the vocabulary of Mongolian dance but also expanded its appeal to international audiences. By embracing a more globalized approach, Mongolian dance has positioned itself as a dynamic and inclusive art form that celebrates cultural diversity and promotes intercultural understanding.

Furthermore, the establishment of professional dance companies and institutions dedicated to the preservation and promotion of the art form has facilitated the adaptation of Mongolian dance to contemporary culture. These organizations have played a crucial role in nurturing new generations of dancers, choreographers, and scholars, ensuring the continuity and vitality of Mongolian dance. They have also facilitated collaborations with international dance communities, fostering creative exchanges and knowledge sharing that have further enhanced the development of Mongolian dance.

The case study of "Ben Teng" exemplifies the successful adaptation of Mongolian dance to contemporary culture. Choreographed by renowned artist Siqin Bavuu, this groundbreaking work seamlessly blends traditional Mongolian dance elements with modern dance techniques and multimedia elements. The choreography captures the Mongolian spirit's essence, depicting the nomadic horse riders' strength, grace, and freedom as they gallop across the vast grasslands. The use of innovative staging, lighting, and projection effects enhances the visual impact of the performance, creating a captivating and immersive experience for the audience.

"Ben Teng" has garnered critical acclaim and widespread popularity in Mongolia and internationally. The work has been performed at prestigious venues and festivals worldwide, showcasing the richness and diversity of Mongolian dance to global audiences. Its success has inspired a new generation of Mongolian dancers and choreographers to push the art form's boundaries, exploring new themes, techniques, and collaborations that reflect the evolving nature of contemporary culture.

Adapting Mongolian dance to contemporary culture has been transformative, revitalizing and expanding the art form. Mongolian dance has become a dynamic and inclusive medium for creative expression and cultural dialogue by integrating modern artistic concepts, diverse dance styles, and relevant social themes. The case study of "Ben Teng" exemplifies the potential of this adaptation, showcasing the power of Mongolian dance to captivate and inspire audiences across cultural boundaries. As Mongolian dance continues to evolve and adapt to the changing landscape of contemporary culture, it remains a vital and vibrant art form that celebrates the Mongolian people's rich heritage and creative spirit.

### **The case Study of "Ben Teng"**

#### **Choreographic Analysis**

"Ben Teng" is a masterpiece that integrates modern dance elements with the essence of traditional Mongolian dance. Through innovative choreography, the dance drama vividly presents the magnificent scene of galloping horses on the grassland, expressing the yearning for freedom and the praise for life.

Regarding choreography, "Ben Teng" ingeniously combines the basic steps of Mongolian dance with modern dance techniques, creating a unique and dynamic dance vocabulary. The dancers are sometimes vigorous and powerful and sometimes light and agile, with well-controlled body movements, fully demonstrating the bold and free-spirited character of the grassland people. The dancers move in unison to a uniform rhythm in the group dance sections, forming various formations. Sometimes, they are as powerful as galloping horses and sometimes as graceful as flowing clouds, creating a spectacular stage picture.

At the same time, the choreography pays excellent attention to detail. The dancers' subtle and delicate body language depicts various forms of life on the grassland: the majestic strides of horses, the bouncy jumps of lambs, and the soaring of eagles. These vivid dance images add artistic interest to the entire dance drama and deepen the work's connotation, leaving a lasting impression.

In terms of music design, "Ben Teng" combines traditional Mongolian instruments such as the horsehead fiddle and sheepskin drum to create a thick, vast, bold, heroic grassland atmosphere. At the same time, the addition of modern electronic music and symphony adds a sense of the times to the entire performance, highlighting the important role of music in setting the mood and

creating atmosphere. The diverse musical styles perfectly complement the dance movements, enhancing the stage's powerful appeal and impact.

Regarding stage design, the vast stage space combined with LED screens creates a grand and expansive grassland scene. The transitions of images of deserts, clear blue skies, and vast mountains correspond with the dancers' movements, making the audience feel like they are in the vast nature. The stylish yet straightforward costumes outline the dancers' tall and strong figures while providing ample space for body expression. The stage lighting alternates between bright and warm, like the sun, and deep and mysterious, like shadows, matching the dance emotions and creating a myriad of atmospheres.

In conclusion, "Ben Teng" combines modern dance aesthetics with Mongolian cultural characteristics through exquisite choreography, grand music, and ingenious stage design, creating a refreshing stage masterpiece. The magnificent scenes and profound emotions presented in the dance drama demonstrate a new interpretation of Mongolian culture through modern dance vocabulary and reflect the innovative development of traditional art in the contemporary context. This is a continuation and development of Mongolian dance art and significant progress in China's dance industry. It is believed that "Ben Teng" will continue to generate strong reactions in the dance world and beyond with its profound artistic connotation and appeal, contributing to the promotion of national culture and cultural exchange.

### **Performance Impact**

As a modern Mongolian dance work, "Ben Teng" has achieved great success in its performances. The work, with its unique artistic expression and profound cultural connotation, showcases the Mongolian people's love for life, reverence for nature, and bold and unrestrained national character.

Firstly, "Ben Teng" perfectly combines artistic expressiveness and visual impact on stage. The dancers, dressed in colorful ethnic costumes, perform vigorous and robust dance steps and exaggerated and vivid body language to accompany traditional Mongolian instruments, such as the dung gun drum and horsehead fiddle, creating a spectacular scene of galloping horses on the grassland. The dance movements integrate elements of Mongolian folk dance and modern dance techniques, vividly presenting various forms of horses and scenes of hunting on the grassland on stage. In terms of stage design, it boldly uses LED screens as the background and realistic sound effects to immerse the audience in the boundless grassland and galloping horse herds, creating a captivating and immersive experience.

Secondly, "Ben Teng" is profoundly touching and emotionally powerful. The entire performance centers around horses, depicting their entire life cycle from birth and growth to participation in hunting through three chapters. The dancers use powerful and passionate dance vocabulary to portray the burst of vitality, the passion of galloping, and the indomitable spirit of the horses. They sometimes leap joyfully, showing the lively and active nature of the horses; sometimes, they lift their front legs and push off with their hind legs, demonstrating the agile posture of wild horses; sometimes, they retract their front legs and raise their heads to neigh, highlighting the independent and unruly personality of the horses. This accurate representation of the power and spirit of life evokes a strong emotional resonance in the audience, allowing them to appreciate the meaning and value of life through the emotional, artistic experience.

Furthermore, "Ben Teng" is rich in humanistic connotations and highlights the philosophical concept of harmonious coexistence between humans and nature. The nomadic civilization of the

grassland has nurtured the Mongolian people, and horses have been integrated into their daily lives, becoming an important part of their spiritual world. The dance drama uses horses as a metaphor to praise the noble qualities of the Mongolian people, such as their love for life, care for nature, and pursuit of freedom. Whether it is the vast and beautiful grassland or the honest and straightforward grassland people, they all leave a deep artistic impression on the audience. The duet's scene "People rely on horses to live, and horses rely on grass to survive" vividly interprets the simple ecological concept of mutual benefit and harmonious development between humans and nature, providing profound and long-term reflections on life.

Finally, "Ben Teng" is innovative in artistic creation and sets a new benchmark for the development of ethnic dance. The performance breaks away from the stereotyped patterns of traditional Mongolian dance, boldly absorbing modern dance and ballet techniques while inheriting the essence of ethnic dance, creating a novel and unique dance vocabulary. Whether it is the grandeur of the group dance or the tenderness of the duet, they all capture the audience's attention and hearts with their imaginative and infectious artistic expressions. The success of this performance proves that only by inheriting the essence of ethnic culture and constantly innovating can we create outstanding artistic works worthy of the times and rejuvenate ethnic dance.

"Ben Teng" has achieved great success in performance effects with its stunning stage effects, sincere emotional expression, profound cultural connotations, and innovative artistic techniques. It sets a new benchmark for modern dance dramas and provides valuable experience and inspiration for the inheritance and development of ethnic dance. We firmly believe that as long as we adhere to the artistic concepts advocated by "Ben Teng," continue to explore the profound connotations of ethnic dance, and dare to innovate, we will indeed promote the continuous development of ethnic dance art and enable it to bloom with even more brilliant flowers on the world dance stage.

## **Discussion**

Studying the performance of "Ben Teng" provides important insights into the complex interplay between cultural heritage and artistic creation in contemporary Mongolian dance. The choreography demonstrates a sophisticated blend between tradition and modernity. It not only preserves the vocabulary of Mongolian classical dance but also reinterprets it through the lens of contemporary aesthetics, performance techniques, and stage technology. This adaptive strategy reflects a broader pattern as other traditional performing arts genres face the challenges of globalization and modernization (Bao, 2020). Incorporating contemporary dance techniques, multimedia effects, and thematic expansion, "Ben Teng" demonstrates how Mongolian dance can continue to change while maintaining its cultural roots to resonate with contemporary audiences.

The results suggest that symbolism and metaphors—particularly horseplay—play an important role in connecting past and modern cultural narratives. As a literal and symbolic motif, the horse connects the Mongolian people to the steppes, their awe of freedom, and their adaptation to the changes of modern society. This dual meaning enhances the aesthetic depth of the dance and strengthens its role as a vehicle for cultural identity enhancement in contemporary society (Wang & Li, 2022). Furthermore, the dance's humanistic message about the interconnectedness of people and nature and ecological balance resonates with discussions around the world about environmental sustainability, giving Mongolian dance new relevance on a global scale.

Another notable aspect of “Ben Teng” is its ability to expand the artistic repertoire of Mongolian dance beyond folklore or ethnography. The work challenges the boundaries of “traditional” dance through an interdisciplinary approach that blends modern dance, ballet, and multimedia. This echoes the theory of cultural hybridity, which argues that even as cultural forms absorb and transform external influences, they retain their unique identity (Chen, 2021). Therefore, “Ben Teng” not only elevates Mongolian dance to a whole new artistic level but also provides the global dance community with a unique model of innovation based on local aesthetics.

On the other hand, the success of “Ben Teng” has also prompted a rethinking of how to balance innovative challenges and authenticity. The integration of modern elements makes Mongolian dance more expressive, but it must also be carefully considered to avoid superficial integration or cultural destruction. This case study highlights that to ensure that Mongolian dance development is rooted in its rich cultural heritage and embraces contemporary and future artistic languages, choreographers and cultural policymakers must establish frameworks that support both creative freedom and cultural integrity.

In summary, the findings of “Ben Teng” show that modern Mongolian dance can be a vibrant platform for cultural preservation, artistic experimentation, and social dialogue. The work highlights the importance of innovation in keeping culture alive in an era of globalization and provides an inspiring precedent for future choreographic practice. Furthermore, it offers valuable lessons for cultural policy, demonstrating the critical importance of safeguarding intangible cultural heritage while fostering an environment conducive to creative reinterpretation.

## **Conclusion**

The case study of “Ben Teng” vividly demonstrates the creativity and adaptability of modern Mongolian dance. Based on the rich tradition of Mongolian dance, this contemporary work successfully combines historical elements with a fresh choreographic perspective. By carefully examining the choreographic elements and evaluating the performance effects, we can gain a deeper understanding of the evolution of Mongolian dance in modern society.

The choreographic analysis perfectly fuses traditional Mongolian dance vocabulary and modern dance techniques. The dancers' smooth and stretched dance postures resemble the vast Mongolian grasslands, showing the strength and vitality of the Mongolian nation. This fusion of old and new creates a vibrant and fascinating visual narrative. It attracts the audience and shows how Mongolian dance has changed over the changing times.

“Ben Teng” also demonstrates the choreographer's keen understanding of stagecraft and visual composition with its bold use of space and form. The choreographer skillfully uses various spatial patterns and combinations to create fascinating visual imagery while enhancing the emotional resonance of the work. The dancers' clever layout and contrasting use of layers and directions add depth and complexity to the performance, engaging the audience on multiple sensory levels.

The Rune has artistic value and demonstrates the flexibility and adaptability of Mongolian dance in modern culture. The work was warmly received by audiences both inside and outside Mongolia, highlighting the universal appeal of themes and emotions conveyed through the medium of dance. The Rune successfully integrates the essence of Mongolian dance into the modern world, ensuring the continuity and relevance of this ancient art form in the 21st century.

The Rune's success is crucial to the future of Mongolian dance. It demonstrates the possibility

of traditional dance thriving and evolving amid cultural and social changes. To ensure that Mongolian dance remains vibrant and passed down to future generations, contemporary choreographers and dancers must remain committed to its core values and aesthetics.

Based on these results, the Rune case study clearly provides valuable insights into the present and future of Mongolian dance. This article showcases trends and developments in the field, emphasizing the importance of tradition, innovation, and adaptability in preserving and promoting cultural heritage. As Mongolian dance develops and thrives in modern society, scholars, artists, and audiences must recognize and celebrate the important role that works like the Rune play in shaping the trajectory of this art form.

In conclusion, the study of modern interpretations of Mongolian dance, such as "Ben Teng," reveals the great potential for traditional art forms to flourish and evolve in modern environments. Works like "Ben Teng" are bold experiments that respect the traditions of Mongolian dance and are powerful examples of the adaptability and resilience of cultural heritage in the face of change. To ensure that Mongolian dance remains relevant and vibrant in the twenty-first century and beyond, new choreographic frontiers must continue to be explored.

### **Ethical Considerations**

Not applicable

### **Conflict of Interest**

The authors declare no conflicts of interest.

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