



1. GJY_4073

走路（一个四拍）

Instruction of How to Walk (Four steps)

1. 左脚上提向前迈，重心前移。

Lift the left feet and move it forward, and move the center of body weight forward.

2. 重心落在左脚，身体向前保持垂直。

Put the center of body weight on the left feet. Move the body forward and keep it being vertical to the ground.

3. 右脚提起，身体微微前倾。

Lift the right feet. Lean forward.

4. 迈出右脚，重心落在右腿，两个四拍出左腿继续做。

Move the right feet forward, and put the center of body weight on it. Repeat the whole process.

注意事项：

Cautions:

1. 严肃认真，不要东张西望。

Follow the instruction. Do not do anything irrelevant.

2. 动作要做的轻快，优美。

Be quick and elegant.



2. GJY_9499

请先下后上（一个四拍）

Please Let Passengers Exit First (Four steps)

准备：看看公交车是否停稳

Preparation: Make sure the bus stops completely.

1. 讲纪律，待车上乘客下完，再上。

Follow the rules. Please let passengers exit first.

2. 讲礼貌，先人后己，排队上车。

Be polite. Please stand in line to get on the bus.

3. 讲卫生，扶好把手以免摔跤。

Keep the bus clean. Please hold the handrail.

注意事项：

Cautions:

1. 动作要稳重不要着急。

Do not rush.

2. 保持优美的仪表。

Be graceful.

● 3.GJYN34

右手四指拍左手掌心

The four fingers of right hand pat the centre of the left hand palm.

● 4.GJYN33

靠腕力提起右手

Use the wrist to lift the right hand.

右手四指拍左掌心

Clap the palm of the left hand with the four fingers of the right hand.

双手抬起右手在上

Separate the two hands. The right hand should be above the left hand.

● 5.GJY_9205

外套（一个五拍）

Instruction of How to Wear a Jacket. (Five steps)

准备：拿好外套

Preparation: Hold the jacket.

1. 右手提领，左臂伸入左袖筒。

Use the right hand to hold the collar. Reach the left arm into the left sleeve.

2. 右手顺衣领找到右袖孔（左手帮助）。

Move the right hand from the collar to the right armhole. (With the help of left hand)

3. 左手牵领，右臂伸入（身略向左倾）。

Hold the collar with left hand. Reach the right arm into the right sleeve. (Lean leftward a bit)

4. 用手调整齐。

Adjust the clothes to dress appropriately.

注意事项：重视肘的位置。

Cautions: pay attention to the position of the elbows.

脱毛衣（一个五拍）

Instruction of How to Take off a Sweater. (Five steps)

1. 两手交叉抓住套衫两侧底边向上提。

Use each hand to grab the opposite lower hem of the sweater and lift the sweater.

2. 右肘撑住套衫，将里面翻出来向上。

Stretch the sweater with the right hand. Turn the inside of the sweater out.

3. 两手提衫过头颅。

Lift the sweater above the head.

4. 出头套 至胸前左手退出。

Get the head out of the collar. Get the left hand out of the sleeve at the chest.

5. 左手帮助右手脱出放回左侧。

Get the right hand out of the sleeve with the help of the left hand. Then put the left hand back to the left side of the body.

注意事项: Cautions:

1. 不要硬拉和用力过猛。

Do not compel or apply too much force in the process.

2. 全过程应协调，配合。

The whole process should be coordinated.

● 6.GJY_1269

一个八拍 Eight Steps

预备姿势: 平静 Preparing gesture: Peaceful

Initial

1. 两侧笑肌收缩嘴角外拉，左右颧肌和上唇方肌同时上提（斜上方）嘴唇张开，眼睛微合。

Contract the risible muscle of both sides to pull the corners of the mouth. Lift the zygomaticus and muscoli quadratus labii superioris. (inclined top) Open the mouth and close the eyes slightly.

2. 下颌垂直向下，眼睛闭合。

Drop the jaw and close the eyes.

3. 下颌自然下拉到底，上唇方肌和颧肌上提挤压眼轮匝肌，皱眉肌上挑挤压额肌嘴张大，头微微后仰。

Drop the jaw to the lowest position. Lift the zygomaticus and muscoli quadratus labii superioris to compress the orbicular muscle of eyes. Lift the corrugator to compress the frontalis. Open the mouth wide and lean the head backwards a bit.

4. 准备：下放。

Prepare to lower the head.

5. 下颌上调，上唇方肌，颧肌和皱眉肌下放，头位置还原。

Lift the jaw. Relax the zygomaticus, musculus quadratus labii superioris, and corrugator. Put the head back to its initial position.

6. 眼睛慢慢睁开，笑肌放平，嘴巴闭上。

Open the eyes slowly. Relax the risible muscle and close the mouth.

7. 还原同 1.

要求：做的自然，连贯，第三拍尽量放开。

Requirement: Act naturally and consistently.

注意事项：

Cautions:

1. 节拍转换时不要有突然动作。

Avoid subtle movements between each step.

2. 动作要做的准确，充分。

Act precisely and sufficiently.

● 7.GJY_1636

一个八拍 Eight Steps

预备姿势：平静 Preparing Gesture: Peaceful

Initial

1. 两侧笑肌收缩嘴角外拉，左右颧肌和上唇方肌同时上提（斜上方）嘴唇张开，眼睛微合。

Contract the risible muscle of both sides to pull the corners of the mouth. Lift the zygomaticus and musculus quadratus labii superioris. (inclined top) Open the mouth and close the eyes slightly.

2. 下颌垂直向下，眼睛闭合。

Drop the jaw and close the eyes.

3. 下颌自然下拉到底，上唇方肌和颧肌上提挤压眼轮匝肌，皱眉肌上挑挤压额肌嘴张大，头微微后仰。泪水纵流。

Drop the jaw to the lowest position. Lift the zygomaticus and musculus quadratus labii superioris to compress the orbicular muscle of eyes. Lift the corrugator to compress the frontalis. Open the mouth wide and lean the head backwards a bit. Shed tears.

4. 准备：下放。

Prepare to lower the head.

5. 下颌上调，上唇方肌，颧肌和皱眉肌下放，头位置还原。
Lift the jaw. Relax the zygomaticus, muscoli quadratus labii superioris, and corrugator. Put the head back to its initial position.
6. 眼睛慢慢睁开，笑肌放平，嘴巴闭上。
Open the eyes slowly. Relax the risible muscle and close the mouth.
7. 还原同 1。
要求：做的自然，连贯，第三拍尽量放开。
Requirement: Act naturally and consistently.

注意事项：

Cautions:

1. 节拍转换时不要有突然动作。

Avoid subtle movements between each step.

2. 动作要做的准确，充分。

Act precisely and sufficiently.

● 8.GJY_8546

外套！

Jacket!

准备一个好外套

Get a nice jacket.

右手提领，向上提

Use the right hand to hold the collar of the jacket and lift upwards.

左臂伸入左袖筒

Reach the left arm into the left sleeve.

右手顺衣领找到右袖孔（左手帮助）

Move the right hand from the collar to the right armhole. (With the help of left hand)

左手牵领，右臂伸入（身体向左倾）

Hold the collar with the left hand, reach the right arm into the right sleeve. (Lean leftward a bit)

用手调整齐

Adjust the clothes to dress appropriately.

放回左侧。全过程协调，配合。

Put the left hand back to the left side. Make sure the whole process is coordinated.