



VIEW FULL GALLERY

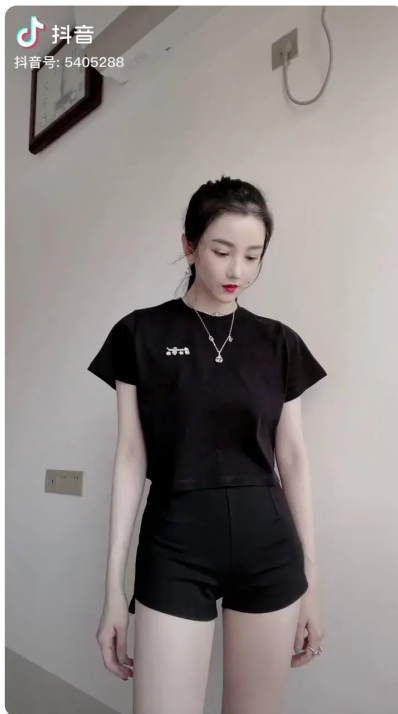


## 捣蒜舞: Chinese Ballet Dance Performance and Movement

### Photo Gallery



捣蒜舞. 最全捣蒜舞.+扭胯弹力摇  
帮撸盯榨倒计时寸止跟节奏撸  
34v-3.



舞蹈, 軟開度, flexible



видео, поделиться, телефон с  
камерой, телефон с видео, беспл



female, leg, dance, arm, ballet, sports,  
weights, yoga, post

**进阶篇**

第7课：蹦迪舞：《bboom bboom》聚会K歌，随便甩甩也能成为party中心

第8课：鹿晗开车舞：一分钟学会酷炫的鹿晗开车舞

第9课：抖音摆臀舞：15分钟学会风靡抖音的舞蹈

第10课：dura舞：超火的dura舞最全教学解析，其实也没那么难

第11课：蔡徐坤捣蒜舞：《ppap》简单又魔性的蔡徐坤捣蒜舞，忍不住开跳

**大神篇**

第12课：快速上手：拿下任何一支你想学的舞蹈

第13课：多人合舞：跳舞有力度又帅气，轻松卡点C位

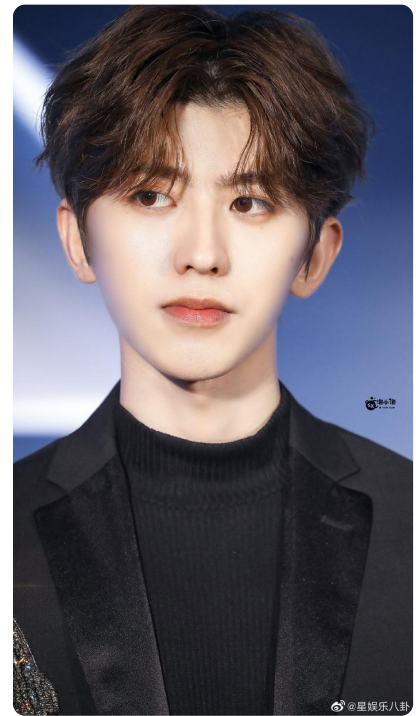
第14课：自主编排：如何快速编出让人拍手称赞的舞蹈

老师教学轻松又有趣，就算是普通人也能立马跳起来的舞蹈教学视频，上传抖音轻轻松松获得百万赞。

**教你30分钟学会一支超红舞蹈 变身气质女神**

2杯咖啡的钱，你也能具备  
网络红人的舞蹈能力  
轻轻松松成为人群焦点

舞蹈生基本功 芭蕾舞子功 中国舞  
基训舞蹈教室...



The girls showcase their dance costumes during ballet class.

**你刷抖音嘛？  
刷到网红舞  
是不是也情不自禁想跟起来呢？**

而且你有没有发现只要是跳舞的人，肯定气质好、身材好、皮肤好，就像人群中那个身材挺拔高挑，皮肤白里透红，气质干净的女孩，基本就是学跳舞的准没错了。  
还有那些跳舞的明星，更是气质先绝，有没有？

**小冷**  
7年舞蹈教学经验  
知名舞蹈机构明星老师  
3000名舞蹈从业者导师  
WOD世界舞蹈大赛最高人气奖

优酷热播的《这就是街舞》的冠军、全能舞神韩宇评价小冷说：“她是我见过在这么短时间，进步最快，跳的最好的人之一，非常厉害。”  
先后跟随美国达人秀“娜威版冠军、世界著名的Hiphop男团Quick Crew、世界第一Waacking舞团不断学习。

小冷和朋友韩宇（优酷《这就是街舞》冠军）  
小冷跟随Kumari Suraj老师学习，开心到“神飞”

小冷老师的教学方法超简单，每天只用练习30分钟就能学会，还能火爆全网的开车舞，摆臀舞，蔡徐坤的捣蒜舞。

tk舞社油管官方频道，感谢大家支持！  
<http://tkwushe.com/>



715 × 1130.



The dancing girl is wearing a white dance bodysuit and danci

# About This Collection

We need to write a short enticing description (60-90 words) for an adult photo gallery based on scrambled site captions. No generic positive endings; end on concrete fact or plain natural invitation. Write description in same language as title (Chinese). Plain text only, no markdown, no lists, no quotes. No "not only X but Y". No forced groups of exactly three items. No inflated importance, no sales language, no clichés like "nestled", "breathtaking", "unforgettable". Must translate rest as needed. End with natural invitation to view full gallery via link above. No "At its core". No emojis, no curly quotes, no markdown, no bold. Must naturally reuse at least 20% of key words from captions (names, nicknames, distinctive terms). No em/en dashes. The gallery title is "捣蒜舞". No AI-flag words list. Must be one coherent paragraph, 60-90 words. Use "because" instead of "due to the fact that". Use "to" instead of "in order to". Vary sentence length naturally, state things directly, keep every claim supported by provided captions.

We need to produce 60-90 words. But they said 60-90 words. But word count requirement may be ambiguous. But safer to write in Chinese without spaces? Chinese words count? We can write Chinese with spaces between words? But they said plain text, no markdown. Might be okay. Let's count approximate words. Let's aim for about 70 Chinese characters? But title is Chinese, they said write description in same language as title, regardless of captions language. But they likely count words separated by spaces. Probably they count words as tokens separated by spaces. But we can treat each Chinese token separated by spaces as a word. Usually word count in Chinese is characters? We can produce about 70 Chinese characters, but they might count words as Chinese words separated by punctuation. In Chinese, each character is not a word. Since we write in Chinese, we can separate by spaces? Better to write in English? So must be Chinese. But word count may be off. Could write in Chinese with spaces between each word? That would be weird. Might be okay.

We need to reuse at least 20% of key words from captions. Key words: "母女俩", "越南", "捣蒜舞", "步行街主干道", "虎扑社区", "青春有你2", "蔡徐坤", "Lisa", "凤凰网", "鐵器部落", "捣蒜器", "老式蒜臼子", "家用", "捣藥罐", "辣椒搗钵", "大蒜捣碎器", "研磨器", "磨藥器", "生活雜貨", "Yahoo奇摩購物中心", "零基础", "快速变身", "抖音", "网红", "舞蹈达人", "爱奇艺知识", "陈小纭", "点子", "Kitty", "X", "Love", "BLACKPINK", "YouthWithLalisa", "YouthWithYou", "Lalisa", "HELLO网生代第38期", "捣蒜视频素材下载", "捣蒜小视频模板大全", "摄图网", "拉丁舞裙", "新款", "练功服装", "女成年人", "半身裙", "流苏裙", "下装", "比赛", "舞蹈演出服装", "Taobao", "Idol Producer2018", "偶像练习生", "魔性", "舞蹈动作", "洗脑", "腾讯视频", "Oh My思密达", "画面太美", "新舞林大会", "明星", "尬舞", "欢乐多", "手机搜狐网", "回忆杀", "重现", "暗示", "NPC", "助阵", "飞行嘉宾", "iQIYI", "Ella", "中国功夫", "JONY J", "新教学态度", "蔬菜沙拉", "导师团", "初录制", "青春制作人", "敬请期待", "cp感爆棚", "娱乐视频", "免费在线观看", "614". Many.

We need to reuse at least 20% of key words. That's a lot. 20% of total key words? But we can include several distinctive terms: "捣蒜舞", "蔡徐坤", "Lisa", "青春有你2", "虎扑社区", "步行街主干道", "抖音", "网红", "爱奇艺", "陈小纭", "Kitty", "BLACKPINK", "拉丁舞裙", "Taobao", "偶像练习生", "魔性", "cp感爆棚". But we can reuse maybe 10-15 key words. Hard to know. That's many.

We need to produce a paragraph 60-90 words. Let's aim for ~80 words (English words). But Chinese words count? Might be okay.

We must not use any forbidden words: delve, tapestry, vibrant, testament, landscape, showcase, crucial, pivotal, additionally, moreover, furthermore, "it is important to note", "serves as", "boasts". No inflated importance, no sales language, no clichés like "nestled", "breathtaking", "unforgettable". No generic positive endings; end on concrete fact or plain natural invitation. Use "because" instead of "due to the fact that". No "not only X but Y". Use commas. Use "to" instead of "in order to". No "At its core". No forced groups of exactly three items. Also no em/en dashes. No emojis, no curly quotes, no markdown, no bold.

We must end with invitation to view full gallery via link above. Something like "请点击上方链接查看完整画廊". That is a concrete invitation.

We must not use any forbidden words. Avoid "not only ...". Avoid "nestled". Avoid "in order to". Avoid "At its core". Use "to". Avoid "furthermore". Avoid "testament". Avoid "moreover". Avoid "unforgettable". but". Avoid "it is important to note". Avoid "pivotal". Ensure not using "showcase" etc. Avoid "vibrant". Avoid "boasts". Avoid "tapestry". Avoid forced groups of exactly three items. Could list two items or more than three? Avoid

"additionally". Avoid "breathtaking". But better avoid listing exactly three. Avoid "showcase". So we must not list three items in a row like "A, B, and C". Avoid "landscape". Avoid "due to the fact that". Avoid "delve". Avoid "crucial". Use "because". Avoid "serves as". Use two or four.

We must vary sentence length naturally. Use direct statements.

We must keep every claim supported by provided captions. Also mention "陈小纭" also dancing. Also includes "陈小纭" performing the dance. Also mention "抖音" and "网红" etc. So we can mention that the gallery includes images of "蔡徐坤" teaching "Lisa" the "捣蒜舞" at "青春有你2" and "步行街主干道" etc. So we can claim that the gallery features photos from the "青春有你2" press conference where "蔡徐坤" teaches "Lisa" the "捣蒜舞". The captions mention many things. Also includes "抖音" trending clips. Also includes street scenes from "步行街主干道" in "虎扑社区". But must be supported by captions. Also includes "拉丁舞裙" from "Taobao". Also mention "拉丁舞裙" and "Taobao". That is supported.

We need to reuse at least 20% of key words. Let's count key words we reuse: "捣蒜舞", "蔡徐坤", "Lisa", "青春有你2", "步行街主干道", "虎扑社区", "陈小纭", "抖音", "网红", "爱奇艺", "拉丁舞裙", "Taobao", "偶像练习生", "魔性", "cp感爆棚". That's 15 key words. The total key words maybe many, but 20% of maybe 50?

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**See the full gallery:** [View Full Gallery Online](#)

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