



## 舞痴沐颜

90后女孩刘沐颜是一个舞痴。舞蹈，是她人生最重要的主题。除了教学，她还要跳，学，编，赛，忙得不亦乐乎。她儿时接触舞蹈，便没有放下。所学为流行音乐的她没有玩音乐，却一头扎进舞蹈艺术。从任教到开设工作室，她坚持顺从内心。

舞时，她是性感、帅气、可爱、火辣的。生活里，她是安静而朴素的。

她在湘西土家族苗族自治州街舞大赛里拿过亚军，原创舞蹈《爱情三十六计》抖音点击量近百万。面对学跳舞减肥的粉丝，她婉言相劝。

在她看来，人人都应坚持一项运动，让自己健康、自信，舞蹈就是她的选择。学舞需要热爱，而不是功利心。为了跳舞，她高度自律，保持运动，规律饮食。一天不跳，她就十分愧疚。

为了与更多优秀舞者交流，她坚持原创，常常在遇到一首好音乐时，把自己关在房间里，一遍遍听，寻找灵感。她说，人生最重要的，就是选择了就一辈子坚持。

文/本报记者 潘鑫 图/小鹿

Liu Muyan, a post-90s girl, is a dance obsession. Dance is the most important theme in her life. In addition to teaching, she has to dance, learn, edit, and compete. She is very busy. She didn't let go of dancing when she was a child. Her specialty is popular music, but she didn't play music and plunged into the art of dance. From teaching to opening a studio, she insisted on obeying her heart.

When dancing, she is sexy, handsome, cute, hot... In life, she is quiet and simple.

She won the runner-up in the Hip-hop Dance Competition of Xiangxi(West-Hunan) Tujia and Miao Nationality Autonomous Prefecture. The tiktok click volume of her original dance Thirty-six Strategies of Love was nearly one million. In the face of learn to dance to reduce weight fans, she politely advised.

From her point of view, everyone should stick to a sport to make themselves healthy and confident. Dance is her choice. Learning to dance requires love, not utilitarianism. In order to dance, she is highly disciplined, keeps exercise, and eats regularly. She is very guilty if she doesn't dance for a day.

In order to communicate with more outstanding dancers, she insists on originality, often shutting herself in the room when encountering a good music, listening to it over and over again, looking for inspiration. She said that the most important thing in life is to stick to it for a lifetime.

Written by our reporter, Pan Xin, photo by XiaoLu



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你拍我晒



春天是植树的季节。慈利二中的700多名学生来到江垭开展远足暨植树活动，为美丽张家界再添新绿。

Spring is the season for planting trees. More than 700 students from Cili No. 2 Middle School came to Jiangya to carry out hiking and tree planting activities, adding new green to the beautiful Zhangjiajie.

Photo by Zi Yuan



在大庸古城 邂逅《我和我的祖国》词曲作者张黎、秦咏诚，游人的记忆一下子被拉回到当时创作场景。本报记者 潘鑫 摄

In Dayong Ancient City, I encounter the songwriters Zhang Li and Qin Yongcheng of My Motherland and Me, the memories of visitors were suddenly drawn back to the creative scene at that time.

Photo by our reporter, Pan Xin



在黄龙洞田园牧歌广场，一群瑜伽爱好者在金黄的油菜花海里自由呼吸，放松身心。周建鑫 摄

In Huanglong Cave Idyllic Pastoral Square, a group of yoga lovers breathe freely and relax in the sea of golden rapeseed flowers.

Photo by Zhou Jianxin

(本版翻译由张家界市翻译工作者协会提供)