I think it's very hard to put this into words. But I think it's the feeling of letting your body take complete control of you. Focusing only on the steps you take, and the rhythm of your breath.

這件事要用言語表達並不是那麼容易。我想是感受整個人被身體主宰、只專注地踩著步伐還有數著呼吸節奏的那種感覺吧！

1 . put into words 用言語表達

put into words [pʊt ˋɪntu wɝds] (phrase.) 用言語表達

Put my love into words.

把我的愛用言語表達。

2 . complete 完整的

complete [kəmˋplit] (adj.) 完整的

3 . control 控制

control [kənˋtrol] (v.) 控制

take control [tek kənˋtrol] (v.) 主導

in charge of 某人負責某事

Sam took control of managing the performance.

Sam負責這整個演出的安排。

4 . focus 聚焦

focus [ˋfokəs] (v.) 聚焦、專注

focus on [ˋfokəs ɑn] (v.) 聚焦於、專注於

focus on your school work

專注於你的課業

focus on losing weight

專注於減重

5 . rhythm 節奏

rhythm [ˋrɪðəm] (n.) 節奏

rhythm of your heartbeat

你心臟跳動的節奏

rhythm of the drums

鼓的節奏

6 . breathe 呼吸

breathe [brið] (v.) 呼吸(動作)

breath [brɛθ] (n.) 呼吸