

強健心肺歌
Heart and Lung Song



作曲 黃錦秀
填詞 黃錦秀
編曲 Eric Narvaez Jr
主唱：黃子騫

soeng1sau2baan6kei5 kei5ding6ding6
雙手扮企企定定

Stand with your hands in front, stand still

sat1zai2hoeng3sau2 paau2haa5paau2haa5
膝仔向手跑下跑下

knees to hand, run run

soeng1sau2baan6kei5 kei5ding6ding6
雙手扮企企定定

Stand with your hands up, stand still

sat1zai2hoeng3sau2 paau2haa5paau2haa5
膝仔向手跑下跑下

knees to hand, run run

saam1ji6 jat1 sing1hung1 paau2faai3 di1 di1 di1 di1
三二一升空跑快啲啲啲啲

3 2 1, blast off, run faster

saam1ji6 jat1 sing1hung1zoi3paau2faai3 di1
三二一升空再跑快啲

3 2 1, blast off, run faster again

Cool down Cool down

baan6co5 co5ding6ding6
Pat pat扮坐坐定定

pat pat pretend to sit, sit still

sau2paak3sau2 cung1soeng6tin1
手拍手衝上天~

hands together, soar to the sky

baan6co5 co5ding6ding6
Pat pat扮坐坐定定

pat pat pretend to sit, sit still

fo2zin3fei1 cung1soeng6tin1
火箭飛衝上天~

rocket fly, soar to the sky

saam1ji6 jat1 co5wan2 fei1gou1di1 di1 di1 di1 di1
三二一坐穩飛高啲啲啲啲

3 2 1 sit steady, fly higher

saam1ji6 jat1 co5wan2 coi3fei1gou1di1 di1 di1 di1 di1
三二一坐穩再飛高啲啲啲啲

3 2 1 sit steady, fly higher again

saam1ji6 jat1 sing1hung1 paau2faai3 di1 di1 di1 di1
三二一升空跑快啲啲啲啲

3 2 1, blast off, run faster

saam1ji6 jat1 sing1hung1zoi3paau2faai3 di1
三二一升空再跑快啲

3 2 1, blast off, run faster again

Cool down Cool down

baan6co5 co5ding6ding6
Pat pat扮坐坐定定

pat pat pretend to sit, sit still

sau2paak3sau2 cung1soeng6tin1
手拍手衝上天~

hands together, soar to the sky

baan6co5 co5ding6ding6
Pat pat扮坐坐定定

pat pat pretend to sit, sit still

fo2zin3fei1 cung1soeng6tin1
火箭飛衝上天~

rocket fly, soar to the sky

saam1ji6 jat1 co5wan2 fei1gou1di1 di1 di1 di1 di1
三二一坐穩飛高啲啲啲啲

3 2 1 sit steady, fly higher

saam1ji6 jat1 co5wan2 coi3fei1gou1di1 di1 di1 di1 di1
三二一坐穩再飛高啲啲啲啲

3 2 1 sit steady, fly higher again

