We Are The World (四海一家) (zh)

Count: 32 **Wand:** 0 **Ebene:** Beginner

Choreograf/in: Tanja Enget (NOR) - 2008年02月

Musik: We Are the World - U.S.A. for Africa

Part A A部份

第一段 Step, Launch, Sailor Step, Unwind, Touch, ½ Turn
踏, 升, 水手步, 繞轉圈, 點, 轉

1-2 Step Right Diagonally Forward And Launch, Up
右足斜角踏, 身體往上提升

3&4 Cross Right Behind Left, Step Left To Left Side, Step Right To Right
右足於左足後交叉踏, 左足左踏, 右足右踏

5-7 Cross Left Behind Right, Unwind A Full Turn, Touch Right Toe To Right
左足於右足後交叉下沉, 繞轉圈, 右足趾右點

8 Sweep Right Beside Left While Make ½ Turn To Right, Weight On Left
右足併踏右轉180度繞(重心在左足)

第二段 Rock Back, Recover, Chasse, Cross Rock, Recover, Chasse
後下沉 回復, 右追步, 交叉下沉 回復, 左追步

1-2 Step Right Back, Recover 右足後下沉, 左足回復

3&4 Step Right To Right, Step Left Beside Right, Step Right To Right
右足右踏, 左足併踏, 右足右踏

5-6 Cross Left Before Right, Recover
左足於右足前交叉下沉, 右足回復

7&8 Step Left To Left, Step Right Beside Left, Step Left To Left
左足左踏, 右足併踏, 左足左踏

第三段 Cross Rock, Recover, Triple Full Turn, Cross Rock, Recover, Triple Full Turn 交叉下沉 回復, 小三步轉圈, 交叉下沉 回復, 小三步轉圈

1-2 Cross Right Before Left, Recover 右足於左足前交叉下沉, 左足回復

3&4 Triple Step Full Turn Right, Right, Left, Right
小三步右轉圈-右, 左, 右

5-6 Cross Left Before Right, Recover 左足於右足前交叉下沉, 右足回復

7&8 Triple Step Full Turn Left, Left, Right, Left
小三步左轉圈-左, 右, 左

第四段 Touch, Cross, Touch, Cross, Rock Step, Recover, Rock Step, Recover
點, 交叉, 點, 交叉, 右下沉 回復, 後下沉 回復

1-2 Touch Right Toe To Right, Cross Right Before Left
右足趾右點, 右足於左足前交叉踏

3-4 Touch Left Toe To Left, Cross Left Before Right
左足趾左點, 左足於右足前交叉踏

5-6 Rock Right To Right, Recover 右足右下沉, 左足回復

7-8 Rock Right Back, Recover 右足後下沉, 左足回復

Part B B部份

第一段 Jump Step ½ Turn Left, Sweep, Rock Back, Recover, Step Slide, Rock Back, Recover 轉跳, 繞, 後下沉 回復, 踏 滑 後下沉 回復

& Jump Step Right Back While Turning ½ Turn To Left
左轉180度右足後跳

1-4 Sweep Left Foot For 2 Counts, Rock Left Back, Recover
左足以2拍繞, 左足後下沉, 右足回復

5-8 Long Step To Left, Slide Right Together, Rock Right Back, Recover
左足左一大步, 右足滑併, 右足後下沉, 左足回復

第二段 Step ¼ Turn Left, Step ½ Turn Left, Full Turn, Touch, Back, Lock, Shuffle With Lock 1/4, 1/2, 轉 轉 點, 後 鎖, 後鎖步

1-2 Step Right Back While Make A ¼ Turn Left, Step Left Forward While Making A ½ Turn Left 左轉90度右足後踏, 左轉180度左足前踏

3&4 Step Right Back While Make A ½ Turn Left, Step Left Forward While Making A ½ Turn Left, Bend Your Left Knee A Bit While Touch Right Toe To Right
左轉180度右足後踏, 左轉180度左足前踏, 左膝彎右足趾右點

5-6 Step Right Back, Cross Left Over Right
右足後踏, 左足於右足前交叉踏

7&8 Step Right Back, Cross Left Over Right, Step Right Back
右足後踏, 左足於右足前交叉踏, 右足後踏

第三段 Step ½ Turn Left, Kickball Cross, Step, Cross, ¾ Unwind With Sweep, Rock Back, Recover
轉, 踢-併-交叉, 踏, 交叉, 轉3/4帶繞, 後下沉 回復

1 Step Left Forward While Make A ½ Turn To Left 左轉180度左足前踏

2&3 Kick Right Forward, Step Right Ball Next To Left, Cross Left Over Right
右足前踢, 右足併踏, 左足右足前交叉踏

4 Step Right To Right 右足右踏

5-8 Cross Left Over Right, Unwind ¾ While Sweep Right Foot, Rock Right Back, Recover 左足於右足前交叉踏, 右轉270度右足繞, 右足後下沉, 左足回復

第四段 Left Triple Full Turn, Right Triple Full Turn, Step, Pivot, Step, Shuffle With Lock 小三步左轉圈, 小三步右轉圈, 踏 轉, 踏 前鎖步

1&2 Triple Full Turn Left (Moving Forward) Right ¼ Turn, Left ¾ Turn, Step Right Forward
(小三步向前左轉圈)左轉90度右足踏, 左轉270度左足踏, 右足前踏

3&4 Triple Full Turn Right (Moving Forward) Left ¼ Turn, Right ¾ Turn, Step Left Forward
（小三步向前右轉圈）右轉90度左足踏, 右轉270度右足踏, 左足前踏

5&6 Step Right Forward, ½ Turn Left, Step Right Forward
右足前踏, 左轉180度, 右足前踏

7&8 Step Left Forward, Cross Right Behind Left, Step Left Forward
左足前踏, 右足於左足後交叉踏, 左足前踏

Tag Mambo Step Right, Mambo Step Left
右曼波, 左曼波

1&2 Step right to right, recover, step right beside left
右足右下沉, 左足回復, 右足併踏

3&4 Step left to left, recover, step left beside right
左足左下沉, 右足回復, 左足併踏