

# We Are The World (四海一家) (zh)

COPPER KNOB  
STEPSHEETS

Count: 32

Wall: 0

Level: Beginner

Choreographer: Tanja Enget (NOR) - 2008年02月

Music: 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
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