

普通高中课程标准实验教科书（选修）

英语歌曲欣赏

学习手册

SENIOR ENGLISH FOR SCHOOLS
ENGLISH SONGS THIS WAY

王颖编



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王 颖 编

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出版人:张鸽盛

社址:重庆市沙坪坝正街 174 号重庆大学(A 区)内

邮编:400030

电话:(023)65102378 65105781

传真:(023)65103686 65105565

网址:<http://www.cqup.com.cn>

邮箱:fxk@cqup.com.cn (市场营销部)

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Unit 1 Yesterday Once More

Yesterday Once More

When I was young,
I'd listen to the radio,
Waiting for my favorite songs.
When they played I'd sing
along,
It made me smile.

Those were such happy times,
And not so long ago,
How I wondered where
they'd gone!

But they're back again,
Just like a long lost friend.
All the songs I love so well.

Every sha-la-la-la,
Every wo-o-wo-o,
Still shines.
Every shing-a-ling-a-ling
That they're starting to sing

昨日重现

当我年轻时，
常听收音机，
等待心爱的歌曲。
听到播放时便随声歌唱，
这使我欢畅。

那是多么幸福的时刻，
就在不久以前，
我真想知道他们曾去何处！

但我所有深爱的歌曲，
他们现在又回来了，
正如老友失散又重聚。

每一句 sha-la-la-la，
每一句 wo-wo，
仍然闪烁。
每一句 shing-a-ling-a-ling
他们又开始唱得

So fine.

When they get to the part
Where he's breaking her
heart,

It can really make me cry,
Just like before.

It's yesterday once more.

Looking back on how it was
in years gone by,
And the good time that I
had,

Makes today seem rather sad.
So much has changed!

It was the songs of love that
I would sing to then,
And I'd memorize each
word.

Those old melodies
Still sound so good to me,
As they melt the years away.

* Every sha-la-la-la,
Every wo-o-wo-o,
Still shines.
Every shing-a-ling-a-ling

如此动听。

每当他们唱到
他让她心伤的地方，

我也不禁热泪盈眶，
正如从前一样。
仿佛昔日又重来。

回头看
岁月如何消逝，
这些过去的好时光，

使今天显得令人哀伤，
变化多大啊！

惟有心爱的歌儿
我还常歌唱，
字字句句没遗忘。

那些古老的曲调
在我听来还是那么好，
好像他们把岁月消融。

每一句 sha-la-la-la,
每一句 wo-wo,
仍闪烁。
每一句 shing-a-ling-a-ling

That they're starting to sing
So fine. *
All my best memories,
Come back clearly to me;
Some can even make me cry,
Just like before,
It's yesterday once more.
(Repeat * ~ *)

Puff, the Magic Dragon

* Puff, the magic dragon,
Lived by the sea,
And frolicked in the autumn
mist in a land called Honahlee. *
Little Jackie Paper loved that
rascal puff,
And brought him strings and
sealing wax and other fancy
stuff!

Together they would travel
On a boat with billowed sail.
And Jackie kept a lookout
perched on puff's gigantic
tail.

Noble kings and princes

他们又开始唱得
如此动听。
往事令人难忘，
一一涌上心房，
使我不禁泪盈眶，
像从前一样，
仿佛昔日又重来。
(重复 * ~ *)

神龙 Puff

神龙 Puff
住在大海边，
秋雾中他玩耍嬉戏的地方
叫做 Honahlee。
小 Jackie Paper 最喜欢顽皮的 Puff，
给他带来细绳索，
封口蜡，还有其他的新奇玩意儿！

他们一同扬帆启航
乘风破浪。
Jackie 在 Puff 巨大的尾巴上
搭台瞭望。

他们每到一处

would bow whenever they came.

Pirate ships would lower their flags when puff roared out his name!

(Repeat * ~ *)

A dragon lives forever,
But not so little boys.

Painted wings and giant rings
make way for other toys.

One gray night it happened,
Jackie Paper came no more.

And Puff, that mighty dragon,
He ceased his fearless roar.

(Repeat * ~ *)

His head was bent in sorrow,
Green scales fell like rain.

Puff no longer went to play
Along the cherry lane.

Without his life-long friends,
Puff could not be brave.

So Puff, that mighty dragon,
Sadly slipped in his cave.

(Repeat * ~ *)

王公贵族都要向他们敬礼鞠躬。

只要 Puff 吼一声自己的名字，
海盗船都要降下自己的
旗子！

(重复 * ~ *)

神龙永在，
孩童不再。

彩翅和巨环
都被其他玩具取代。

一个灰蒙蒙的夜晚，
Jackie Paper 终于没有再来。

威风凛凛的神龙 Puff，
停止了他勇敢的嘶喊。

(重复 * ~ *)

他伤心地垂下了脑袋，
绿色鳞片如雨点般散落下来。

Puff 不再去
樱桃小径玩了。

失去了一辈子的好朋友，
Puff 不能再神勇无畏。

所以 Puff 巨龙
伤心地躲进了他的山洞。

(重复 * ~ *)

Try to Remember

Try to remember the kind of
September,

When life was slow and oh,
So mellow.

Try to remember the kind of
September,

When grass was green and
grain was yellow.

Try to remember the kind of
September,

When you were a tender and
callow fellow.

Try to remember and if you
remember,

Then follow, follow...

Try to remember when life
was so tender,

That no one wept except the
willow.

Try to remember the kind of
September,

When love was an ember
about to billow.

试着回忆

试着回忆,那醉人九月,

生活是那么悠闲畅快。

试着回忆,那醉人九月,

绿草幽幽,稻麦金黄。

试着回忆,那醉人九月,

那时你还是个稚嫩的纯真
少年。

试着去回忆吧!

如果你还记得,
就跟我来,请跟我来……

试着回忆,那纯真岁月,

除了杨柳,没人会哭。

试着回忆,那醉人九月,

真爱如火,蓄势喷薄。

Try to remember and if you
remember,
Then follow, follow...

Deep in December it's nice
to remember,

Although you know the snow
will follow.

Deep in December it's nice
to remember,

The fire of September that
made us mellow.

Deep in December our hearts
should remember.

And follow, follow...

试着去回忆吧！
如果你还还记得，
就跟我来，请跟我来……

在十二月深处，回忆最美，

尽管你知道，雪花依然会纷
扬而至。

在十二月的深处，去美美回
忆，

那曾令我们激情飞扬的如火
九月。

在十二月的深处，
我们的心应该都记得。

那就请跟我来，跟我来……

Unit 2 I Believe I Can Fly

I Believe I Can Fly

I used to think that I could
not go on,

And life was nothing but an
awful song.

But now I know the meaning
of true love.

I'm leaning on the everlasting
arms.

If I can see it, then I can do it.

If I just believe it, there's
nothing to it.

* I believe I can fly.

I believe I can touch the sky.

I think about it every night
and day,

Spread my wings and fly
away.

I believe I can soar.

我相信我能飞

我曾一直以为自己不能坚持
下去，

生活只不过是一支难听的歌。

如今，我懂得了真爱的含意。

我正倚靠在永恒的臂膀上。

看准了它，我就要做到它。

只要我相信，什么都不成问题。

我相信我能飞。

我相信我能触摸到天空。

我日思夜想，

我能展开双臂腾空翱翔。

我相信我能飞。

I see me running through that
open door.

I believe I can fly.

I believe I can fly.

I believe I can fly. *

See I was on the verge of
breaking down.

Sometimes silence can seem so
loud.

There are miracles in life I
must achieve.

But first I know it starts inside
of me.

If I can see it, then I can be it.

If I just believe it, there's
nothing to it.

(Repeat * ~ *)

Cause I believe in me.

If I can see it, then I can do it.

If I just believe it, there's
nothing to it.

(Repeat * ~ *)

If I just spread my wings,

I can fly.

我看见自己正穿过那扇敞开的门。

我相信我能飞。

我相信我能飞。

我相信我能飞。

我曾处于崩溃的边缘。

有时寂静似乎也有如此大的声音。

生命中有我必须实现的奇迹。

但我明白这奇迹源于我的内心。

看准了它,我就要做到它。

只要我相信,什么都不成问题。

(重复 * ~ *)

因为我相信我自己。

看准了它,我就要做到它。

只要我相信,什么都不成问题。

(重复 * ~ *)

只要我展开双臂,

我就能飞。

I can fly.

I can fly...

If I just spread my wings,

I can fly, woo...

Check it out!

Hmm... fly fly fly...

When You Believe

Many nights we prayed,
With no proof anyone could
hear.

In our heart is a hopeful song
We barely understood.
Now we are not afraid,
Although we know there's
much to fear.

We were moving mountains
Long before we knew we
could.

Oh yes!

* There can be miracles
When you believe.

Though hope is frail,
It's hard to kill.

Who knows what miracles

我能飞。

我能飞.....

只要我展开双臂，

我就能飞。

看着吧！

我能飞，我能飞.....

心存相信

许多寒夜里我们祷告，
不知道会不会有人听到。

我们的心中有首充满希望的
歌，但我们很难悟到。
但现在我们不会害怕了，
尽管我们清楚前路漫漫，坎
坷多曲。

很久以后我们才发现
我们能够并且一直在移动
高山。

哦，是的！

只要心存相信，
就会出现奇迹。

即使希望渺茫，
但却难以扑灭。

谁能知道

You can achieve!
When you believe,
Somehow you will,
You will when you believe! *

In this time of fear,
When prayer so often proves
in vain,

Hope seems like the summer
birds,
Too swiftly flown away.

And now I am standing here.
My heart's so full I can't
explain,
Seeking faith and speaking
words I never thought I'd
say.

(Repeat * ~ *)

They don't always happen
when you ask.

And it's easy to give in to
your fear.

But when you're blinded by
your pain,

Can't see your way safe
through the rain.

你能创造出怎样的奇迹!
只要你相信,
不管怎样你都能成功,
只要你相信!

在这恐惧的时刻
祷告总是徒劳无功。

希望就像夏日短暂停留的
鸟儿,
瞬乎即逝。

但现在我站在这里。

我的心里如此充实,难以
名状。

我的心寻找着信念,
在说着我以为自己绝不会说
的话。

(重复 * ~ *)

你求助四方的时候,
并不总是有人相助。

这时候很容易屈服于内心的
恐惧。

假如被痛苦蒙住了眼睛,

就看不见雨中的路。

Thought of a still resilient
voice says help is very near.
(Repeat * ~ *)

You will when you believe!
You will when you believe!
You will when you believe!
Just believe!
You will when you believe!

Hero

Hmm...
There's a hero
If you look inside your heart.
You don't have to be afraid
of what you are.

There's an answer
If you reach into your soul.
And the sorrow that you
know will melt away.

* And then a hero comes
along,
With the strength to carry on.
And you cast your fears aside.

想像一个充满快乐的声音在
回荡:来帮助你的人马上就要到了。

(重复 * ~ *)

只要相信,
你就能行!

英雄

如果你检视自己的内心,
会发现一个英雄。
你不必害怕那个真实的你。

如果你深入自己的灵魂,
会找到一个答案。
所有你知晓的悲痛将融化于
无形。

于是,一个英雄向你走来,
带着不屈不挠的力量。
于是,你将恐惧丢到了一旁。

And you know you can survive.
So when you feel like hope is
gone,

Look inside you and be
strong,

And you'll finally see the truth
that a hero lies in you. *

It's a long road.

When you face the world
alone,

No one reaches out a hand
for you to hold.

You can find love,
If you search within yourself.

And the emptiness you felt
will disappear.

(Repeat * ~ *)

Oh oooh...

Lord knows

Dreams are hard to follow.

But don't let anyone
tear them away.

Hey yeah!

Hold on!

于是,你明白你可以活下去。
因此,每当你感到希望已去

就看看内心,让自己坚强。

你终将看见真相
——英雄就在你的心中。

这是条漫长的道路。
当你独自面对这世界,

没人对你伸出援手。

你可以找到爱,
如果你探寻内心。

你感受到的空虚
将消失无踪。

(重复 * ~ *)

哦……

上帝明白
梦想难追。

但别让任何人
将它们撕碎。

是的!

坚持下去!

There will be tomorrow.

In time you'll find the way.

(Repeat * ~*)

还有明天。

总有一天你会找到出路。

(重复 * ~*)

世界真大

Heal the World

Unit 3 Heal the World

Heal the World

There's a place in your heart.
And I know that it is love.
And this place could be much
brighter than tomorrow.
And if you really try,
You'll find there's no need
to cry.

In this place you'll feel there's
no hurt or sorrow.

There are ways to get there,
If you care enough for the living,
Make a little space.
Make a better place.

* Heal the world,
Make it a better place,
For you and for me and the
entire human race.

There are people dying,

治愈世界

在你心中,有一方沃土。
我深知,这是爱的苗圃。
这里,可以比明天更加光彩
夺目。
如果你努力试图,
你会发现没有必要去哭。

在这里,你感觉不到一丝悲
戚与愁苦。

通往这片沃土,有许许多多的
路,

如果你关心生者,
就让出小小一步,
创造一个更美好的家园。

治愈世界,
创造更美的空间,
为你为我为了芸芸众生。

仍有人在遭逢死难,