

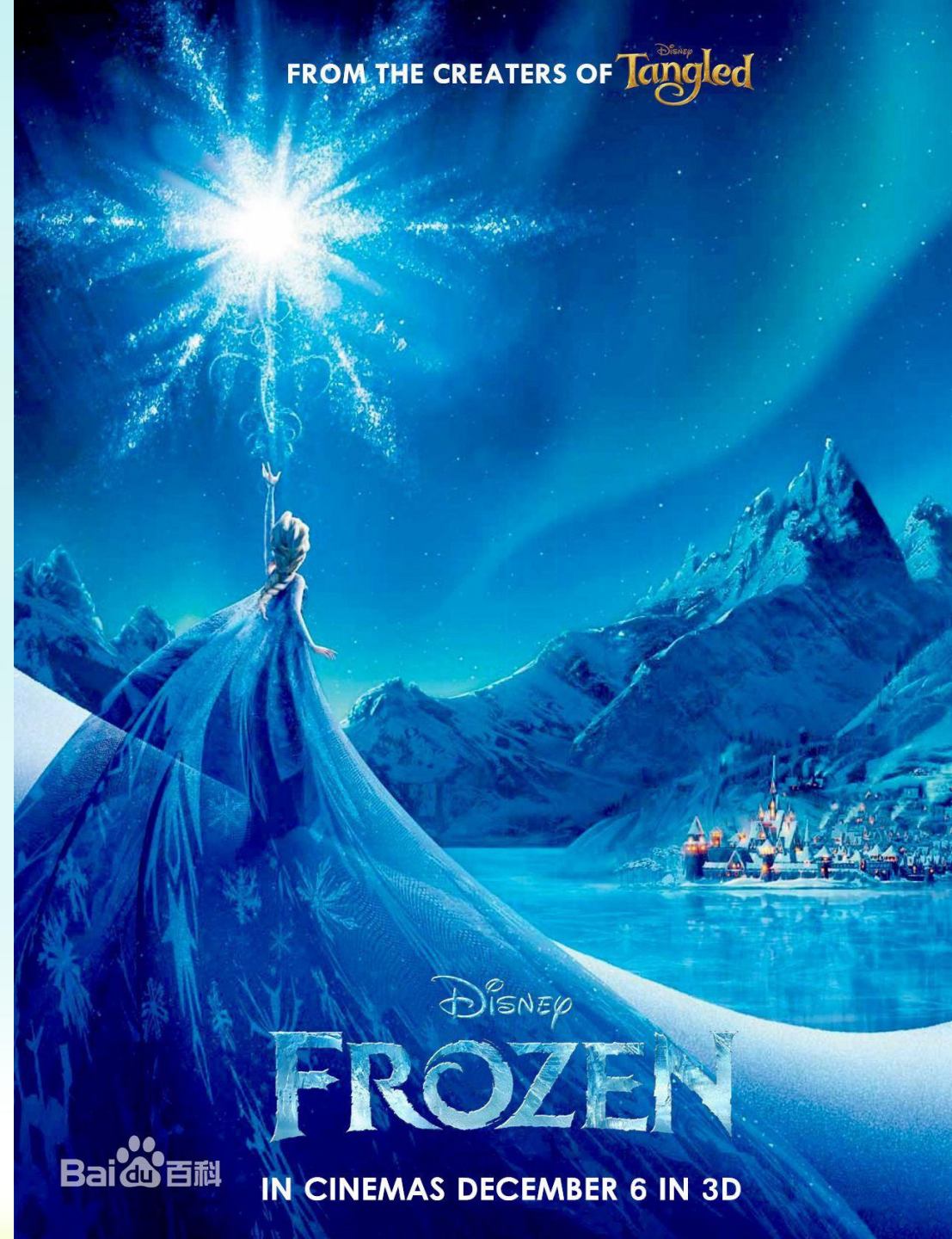
Let it go

BY Idina Menzel

Disney
FROZEN
巴伦百科全书
THANKSGIVING

歌曲简介

《Let It Go》是华特迪士尼动画工作室的2013年动画电影《冰雪奇缘》的主题曲，2014年3月2日晚，《Let It Go》获得第86届奥斯卡最佳原创歌曲奖。



创作背景

《冰雪奇缘》的歌曲是由克里斯汀·安德森-洛佩兹和罗伯特·洛佩兹作曲作词的，他们两人曾创作过百老汇获奖音乐剧《摩门经》的音乐。两人在创作《Let It Go》这首歌的时候参考过阿黛尔、莎拉·巴莱勒斯、凯蒂·派瑞、多莉·艾莫丝等人的歌。在电影冰雪奇缘中，伊迪娜·门泽尔为主角艾莎配音并配唱，而收录于《冰雪奇缘》官方音乐带里是迪斯尼歌手黛米·洛瓦托版的《Let It Go》。

歌曲鉴赏

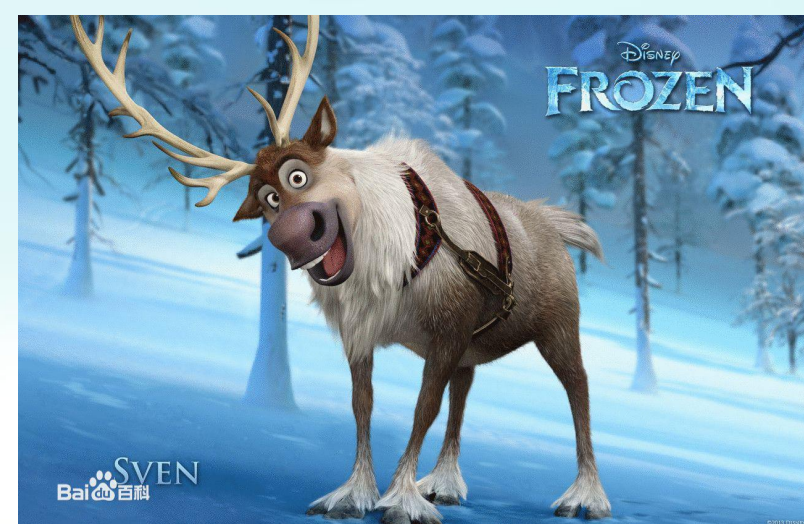
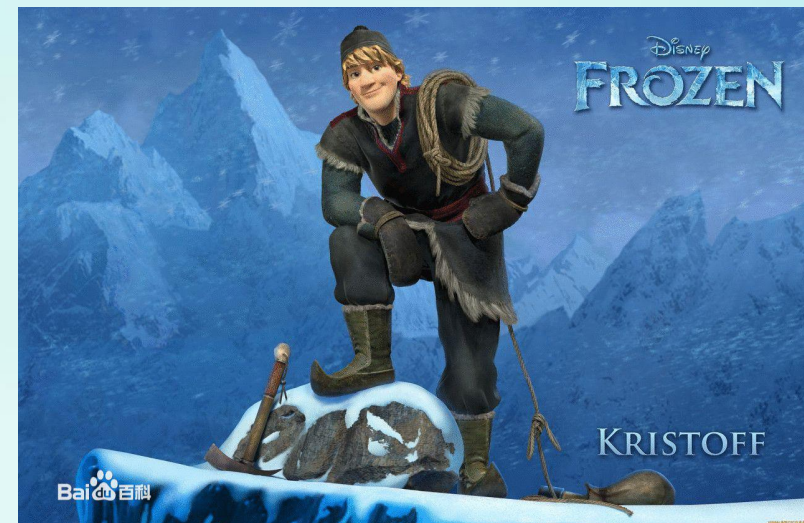
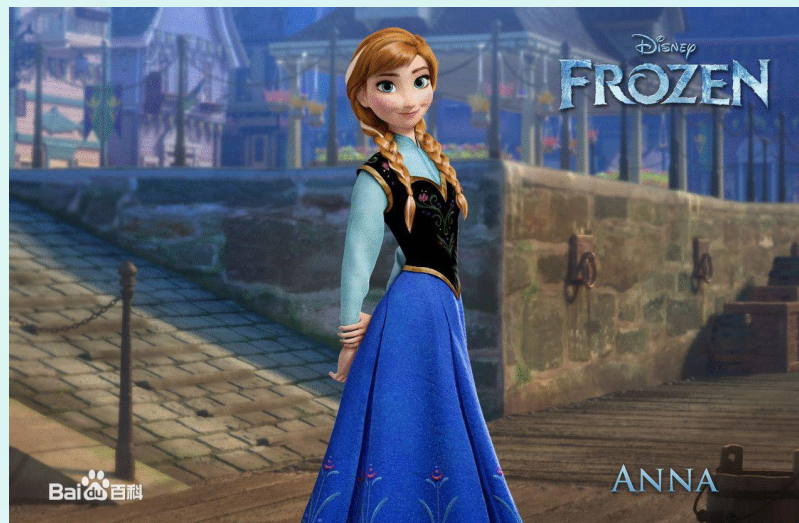
随着《冰雪奇缘》一同火起来的这首主题歌《Let It Go》，为这部影片贡献了片中最豪华绚丽的一幕冰上圆舞曲，身负冰封魔咒的女主角——冰雪女王艾莎离开故乡后，试着用自己掌握的魔力在风中载歌载舞，凭空舞出了一座如水晶般耀眼夺目的冰雪城堡，那鲜艳欲滴的色彩，晶莹剔透的质感、辉煌壮观的场景，配上充满情绪张力的居尔特风歌声，看的人心襟荡漾。

《Let It Go》一个流行歌曲，也是一个百老汇歌曲，它是关于一个人心灵上的转变，在电影中还有外形和魔法的转变，所以这首歌是在写一个故事，也是为这种强大精神写的赞美诗。迪士尼推出了一款《Let It Go》MV，其中的歌词融合了25种不同的语言来演唱。2014年1月，《冰雪奇缘》片方发布中文主题曲《随它吧》MV，邀得演唱者姚贝娜倾情演绎。

电影简介

在四面环海、风景如画的阿伦黛尔王国，生活着两位可爱美丽的小公主，艾莎和安娜。艾莎天生具有制造冰雪的能力，随着年龄的增长，她的能力越来越强，甚至险些夺走妹妹的生命。为此国王紧闭宫门，也中断了两姐妹的联系。悲哀的海难过后，艾莎（伊迪娜·门泽尔配音）终于到了加冕的年龄，各国王公齐来祝贺。艾莎战战兢兢，唯恐被人识破隐藏了多年的秘密。然而当听说安娜（克里斯汀·贝尔配音）将要和初次见面的南埃尔斯王子汉斯（圣蒂诺·方塔纳配音）结婚时，依然情绪失控露出了马脚。在此之后她逃到山中，构建了属于自己的冰雪王国，而阿伦黛尔也陷入可怕的寒冷之中。安娜独自来到山中，在山民克里斯托弗（乔纳森·格罗夫配音）的帮助下总算来到姐姐的宫殿，但能否帮助国家找回绿意依然是个未知数。

主要人物介绍



主要情节介绍

精彩视频段落欣赏

歌曲欣赏

The snow glows white on the mountain tonight
Not a footprint to be seen
A kingdom of isolation
And it looks like I'm the queen
The wind is howling like this swirling storm inside
Couldn't keep it in, heaven knows I've tried
Don't let them in, don't let them see
Be the good girl you always have to be
Conceal, don't feel, don't let them know
Well, now they know
Let it go, let it go

Can't hold it back anymore

Let it go, let it go

Turn away and slam the door

I don't care what they're going to say

Let the storm rage on

The cold never bothered me anyway

It's funny how some distance makes everything seem small

And the fears that once controlled me can't get to me at all

It's time to see what I can do

To test the limits and break through

No right, no wrong, no rules for me

I'm free

Let it go, let it go

I am one with the wind and sky
Let it go, let it go
You'll never see me cry
Here I stand and here I'll stay
Let the storm rage on
My power flurries through the air into the ground
My soul is spiraling in frozen fractals all around
And one thought crystallizes like an icy blast
I'm never going back, the past is in the past
Let it go, let it go
And I'll rise like the break of dawn
Let it go, let it go

That perfect girl is gone
Here I stand in the light of day
Let the storm rage on
The cold never bothered me anyway



英汉对照

The snow glows white on the mountain tonight;今晚白雪在山上闪烁

Not a footprint to be seen;一个脚印没有

A kingdom of isolation;与世隔绝的国土

And it looks like I'm the queen;我就像是一个皇后

The wind is howling like this swirling storm inside;狂风咆哮得像我内心一样的纷乱

Couldn't keep it in, heaven knows I've tried;不能再困住我的感情了，只有上天才知道我已努力过

Don't let them in, don't let them see;不让他们走进来，不让他们看到

Be the good girl you always have to be;做一个好女孩，一直都要这样

Conceal, don't feel, don't let them know;掩饰、没有感觉、不要让他们知道

Well, now they know;好了，现在他们知道了

Let it go, let it go;随心所欲，随心所欲

Can't hold it back anymore;不能再抑制了

Let it go, let it go;随心所欲，随心所欲

Turn away and slam the door;转过身甩上门

I don't care what they're going to say;我不在乎他们会怎样说

Let the storm rage on;让风暴怒吼吧

The cold never bothered me anyway;寒冷再也不能烦扰我了

It's funny how some distance makes everything seem small;可笑的是，

距离令所有东西都变得渺小了

And the fears that once controlled me can't get to me at all;一度箝制我的恐惧再也不能控制我了

It's time to see what I can do;是时候看看我能够做什么了

To test the limits and break through; 试验我的极限和突破

No right, no wrong, no rules for me; 没有对错，也没有规则规范我了

I'm free; 我自由了

Let it go, let it go; 随心所欲，随心所欲

I am one with the wind and sky; 我与风与天同在

Let it go, let it go; 随心所欲，随心所欲

You'll never see me cry; 你不会再看到我哭泣

Here I stand and here I'll stay; 我就站在这里，我留在这里

Let the storm rage on; 让风暴怒吼吧

My power flurries through the air into the ground; 我的力量激荡空气深入地下

My soul is spiraling in frozen fractals all around; 我的灵魂随着四周的冰片盘旋而上

And one thought crystallizes like an icy blast;思想化为结晶如一阵冰风
I'm never going back, the past is in the past;我不会再回去，过去已成往事
Let it go, let it go;随心所欲，随心所欲
And I'll rise like the break of dawn;我像旭日从地上冒起
Let it go, let it go;随心所欲，随心所欲
That perfect girl is gone;那个完美女孩已不在了
Here I stand in the light of day;我就站在日光之下
Let the storm rage on;让风暴怒吼吧
The cold never bothered me anyway;寒冷再也不能烦扰我了！

听歌填词

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