

VOCABULARY · EPISODE 23

# Shadowing Practice 100 Lessons

Key words &amp; expressions · English + Español

10 words

Your English Toolbox

1

## to shadow

hacer shadowing · repetir como sombra

DEF

to listen to a speaker and repeat exactly what they say at almost the same time, mimicking their rhythm, speed, and intonation

*Shadowing is the most physically demanding language practice — you follow a speaker like a shadow, matching every pause, rise, and fall. It builds both listening and speaking simultaneously.*

ES

Escuchar a un hablante y repetir exactamente lo que dice casi al mismo tiempo, imitando su ritmo, velocidad y entonación.

El shadowing es la práctica de idiomas más físicamente exigente — sigues al hablante como una sombra.

**Shadow this podcast from the very first sentence and your mouth will begin to feel the natural rhythm of English.**

Shadow this podcast from the very first sentence. -> Haz shadowing de este podcast desde la primera frase.

**The best time to shadow is when the speaker is just fast enough to challenge you.**

The best time to shadow is when the speaker is just fast enough to challenge you. -> El mejor momento para hacer shadowing es cuando el hablante es lo suficientemente rápido para desafiarte.

2

## to keep pace with

mantener el ritmo de · seguir el paso a

DEF

to move or progress at the same speed as someone or something else; to stay at the same level

*Keep pace with has a physical and mental dimension. In shadowing, it is literal — you try to keep pace with the speaker's speed. More broadly, it means not falling behind while others advance.*

ES

Moverse o progresar a la misma velocidad que alguien o algo; mantenerse al mismo nivel.

Tiene una dimensión física y mental. En el shadowing, es literal — intentas mantener el ritmo de la velocidad del hablante.

**At first I couldn't keep pace with the speaker, but after a week of daily practice it became much easier.**

At first I couldn't keep pace with the speaker, but after a week it became much easier. -> Al principio no podía mantener el ritmo del hablante, pero después de una semana se volvió mucho más fácil.

**The goal of shadowing is not to be perfect — it is to keep pace as best you can.**

The goal of shadowing is to keep pace as best you can. -> El objetivo del shadowing es seguir el paso lo mejor que puedas.

3

## to get a feel for

**cogerle el sentido a algo · desarrollar el instinto para algo**

### DEF

to gradually develop an intuitive sense of something through experience, rather than through rules or analysis

*Getting a feel for something is the difference between knowing rules and truly absorbing them. In language, you can know the rule for a comma but still need to get a feel for where sentences naturally breathe.*

### ES

Desarrollar gradualmente un sentido intuitivo de algo a través de la experiencia, en lugar de reglas o análisis.

Cogerle el sentido es la diferencia entre conocer las reglas y absorberlas verdaderamente.

***Shadowing helps you get a feel for the natural rhythm of English far faster than grammar study.***

Shadowing helps you get a feel for the natural rhythm of English. -> El shadowing te ayuda a cogerle el sentido al ritmo natural del inglés.

***After a month of listening daily, she finally got a feel for how British speakers stress their sentences.***

After a month of listening daily, she finally got a feel for how British speakers stress sentences. -> Después de un mes escuchando diariamente, finalmente desarrolló el instinto de cómo los hablantes británicos enfatizan sus frases.

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## to fall behind

**quedarse atrás · rezagarse**

### DEF

to fail to keep up with someone or something; to progress more slowly than expected or required

*Fall behind describes the gap that opens when you lose pace. In shadowing, falling behind even slightly breaks the connection with the speaker. The key is to restart rather than give up.*

### ES

No poder seguir el ritmo de alguien o algo; progresar más lentamente de lo esperado o requerido. Describe la brecha que se abre cuando pierdes el paso.

***When I fall behind during shadowing, I stop, breathe, and start the sentence again.***

When I fall behind during shadowing, I stop, breathe, and start the sentence again. -> Cuando me quedo atrás durante el shadowing, me detengo, respiro y comienzo la frase de nuevo.

***Don't worry if you fall behind — every learner does at first, and it gets easier with practice.***

Don't worry if you fall behind — every learner does at first. -> No te preocupes si te rezagas — todos los estudiantes lo hacen al principio.

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## to loop back

volver al principio · rebobinar y repetir

### DEF

to return to an earlier point and repeat it; to revisit something you already covered

*Loop back is the intelligent shadowing strategy — when a section is too fast or unclear, you loop back to it rather than skipping over the difficulty. Progress is built through intelligent repetition.*

### ES

Volver a un punto anterior y repetirlo; revisar algo que ya cubriste.

Es la estrategia inteligente del shadowing — cuando una sección es demasiado rápida, vuelves a ella.

***If a phrase confuses you, loop back and shadow it five times before moving forward.***

If a phrase confuses you, loop back and shadow it five times before moving forward. -> Si una frase te confunde, vuelve al principio y haz shadowing cinco veces antes de avanzar.

***Looping back to the same ten seconds is not failure — it is exactly how shadowing is meant to work.***

Looping back to the same ten seconds is not failure — it is exactly how shadowing is meant to work. -> Volver a los mismos diez segundos no es un fracaso — es exactamente cómo se supone que funciona el shadowing.

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## to mimic

imitar con exactitud · reproducir fielmente

### DEF

to copy or reproduce someone's sounds, movements, or speech patterns very closely

*Mimic is stronger than 'copy' — it implies close, deliberate reproduction. In shadowing, you mimic the speaker's exact rhythm and intonation, not just the words.*

### ES

Copiar o reproducir los sonidos, movimientos o patrones de habla de alguien muy de cerca.

Más fuerte que 'copiar' — implica reproducción cercana y deliberada.

***When you shadow, you mimic every pause, every stress, every rise and fall of the speaker's voice.***

When you shadow, you mimic every pause, every stress, every rise and fall of the speaker's voice. -> Cuando haces shadowing, imitas con exactitud cada pausa, cada énfasis, cada subida y bajada de la voz del hablante.

***Children mimic the adults around them — that is exactly how they learn to speak.***

Children mimic the adults around them — that is exactly how they learn to speak. -> Los niños imitan con exactitud a los adultos que les rodean — así es exactamente como aprenden a hablar.

## 7 to replay

### volver a escuchar · repetir la escucha

#### DEF

to listen to or watch a recording again, especially to study a specific moment carefully

*Replaying is a core shadowing technique — you replay the same short clip ten times until your mouth and brain both know it. It is the difference between passive listening and active acquisition.*

#### ES

Escuchar o ver una grabación de nuevo, especialmente para estudiar un momento concreto con atención.

Técnica esencial del shadowing — repites el mismo fragmento hasta que tu boca y tu cerebro lo dominan.

**Replay the same five seconds over and over until you can say it without thinking.**

Replay the same five seconds over and over until you can say it without thinking. -> Vuelve a escuchar los mismos cinco segundos una y otra vez hasta que puedas decirlo sin pensar.

**I replayed that conversation three times before I understood the idiom the speaker used.**

I replayed that conversation three times before I understood the idiom the speaker used. -> Repetí la escucha de esa conversación tres veces antes de entender el modismo que usó el hablante.

## 8 to pick up on

### captar · percibir algo sutil

#### DEF

to notice or become aware of something subtle — a sound, a tone, or a pattern — that others might miss

*Pick up on is about sensitivity and attention. A trained English ear picks up on stress patterns and weak forms that beginners miss entirely. This is what shadowing builds over time.*

#### ES

Notar o tomar conciencia de algo sutil — un sonido, un tono o un patrón — que otros podrían pasar por alto.

Se trata de sensibilidad y atención. Un oído entrenado capta patrones de énfasis y formas débiles que los principiantes pierden.

**After weeks of shadowing, you start to pick up on the tiny rhythm shifts that make English sound natural.**

After weeks of shadowing, you start to pick up on the tiny rhythm shifts that make English sound natural. -> Después de semanas de shadowing, empiezas a captar los pequeños cambios de ritmo que hacen que el inglés suene natural.

**She picked up on the difference between formal and casual English just by listening to different podcasts.**

She picked up on the difference between formal and casual English just by listening to different podcasts. -> Percibió algo sutil en la diferencia entre inglés formal e informal simplemente escuchando distintos podcasts.

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## to break something down

desglosarlo · dividirlo en partes más pequeñas

### DEF

to explain or practise something complex by dividing it into smaller, manageable parts

*Break it down is essential in language learning — instead of trying to repeat a whole sentence at once, you break it down into chunks, then build it back up. This is what makes difficult pronunciation possible.*

### ES

Explicar o practicar algo complejo dividiéndolo en partes más pequeñas y manejables.

Esencial en el aprendizaje: en lugar de repetir una frase entera de golpe, la desglosas en fragmentos y luego la rearmas.

***If a sentence feels too fast, break it down: practise each chunk separately, then put it all together.***

If a sentence feels too fast, break it down: practise each chunk separately, then put it all together. -> Si una frase se siente demasiado rápida, desglosala: practica cada fragmento por separado y luego únelos.

***The teacher broke down the sentence into three rhythm groups to make it easier to shadow.***

The teacher broke down the sentence into three rhythm groups to make it easier to shadow. -> El profesor dividió la frase en tres grupos rítmicos para que fuera más fácil de imitar.

10

## to keep at it

seguir en ello · no rendirse y continuar

### DEF

to continue practising or working on something consistently, without giving up when it gets difficult

*Keep at it is encouraging and persistent — it acknowledges that something is hard but insists on continuing. For shadowing practice, consistency over weeks is what produces results, not intensity for one day.*

### ES

Continuar practicando o trabajando en algo de manera constante, sin rendirse cuando se pone difícil.

Reconoce que algo es difícil pero insiste en continuar — clave para el shadowing, donde la constancia produce resultados.

***Shadowing feels awkward at first — just keep at it and within two weeks you will notice a real difference.***

Shadowing feels awkward at first — just keep at it and within two weeks you will notice a real difference. -> El shadowing se siente raro al principio — simplemente sigue en ello y en dos semanas notarás una diferencia real.

***She kept at it every morning for a month and her pronunciation improved dramatically.***

She kept at it every morning for a month and her pronunciation improved dramatically. -> No se rindió y continuó cada mañana durante un mes y su pronunciación mejoró dramáticamente.