

VOCABULARY · EPISODE 56

Calm Shadowing Practice Think for Yourself

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to shadow

imitar simultáneamente · hacer shadowing con

DEF

to listen to and simultaneously imitate a speaker's voice, rhythm, and phrasing as closely as possible

Shadowing is one of the most powerful pronunciation and fluency techniques available — it trains the brain to produce language at native speed rather than at translation speed. The challenge is resisting the urge to slow down.

ES

Escuchar e imitar simultáneamente la voz, el ritmo y la fraseología de un hablante lo más fielmente posible.

Es una de las técnicas de pronunciación y fluidez más poderosas — entrena el cerebro para producir el idioma a velocidad nativa.

Shadow the speaker as closely as you can — aim to be half a second behind, not a full sentence behind.

Shadow the speaker as closely as you can — aim to be half a second behind. -> Imita simultáneamente al hablante lo más fielmente que puedas — intenta ir medio segundo por detrás.

When she started shadowing native speakers daily, her intonation improved faster than in the previous two years.

When she started shadowing native speakers daily, her intonation improved faster than in the previous two years. -> Cuando empezó a hacer shadowing con hablantes nativos a diario, su entonación mejoró más rápido que en los dos años anteriores.

2

to keep pace with

seguir el ritmo de · mantener el paso de

DEF

to maintain the same speed as something or someone moving; to stay level with a standard or rate of progress

Keep pace with is challenge language — it implies something is moving fast and you must work to stay alongside it. Shadowing at full native speed forces you to keep pace with authentic language, which accelerates acquisition.

ES

Mantener la misma velocidad que algo o alguien que se mueve; mantenerse al nivel de un estándar o ritmo de progreso.

Es un lenguaje de desafío — implica que algo se mueve rápido y debes esforzarte para mantenerte a su lado.

At first it is hard to keep pace with a native speaker, but your brain adapts quickly.

At first it is hard to keep pace with a native speaker, but your brain adapts quickly. -> Al principio es difícil seguir el ritmo de un hablante nativo, pero el cerebro se adapta rápido.

Once you can keep pace with the audio, slow it down by five percent and you'll notice how much more you catch.

Once you can keep pace with the audio, slow it down by five percent and you'll notice how much more you catch. -> Una vez que puedes mantener el paso del audio, redúcelo un cinco por ciento y notarás cuánto más captas.

3

to echo

imitar · repetir de inmediato lo que acaba de decir alguien

DEF

to immediately repeat or closely imitate what someone has just said, especially to practise pronunciation or rhythm

Echo is shadowing's softer cousin. Where shadowing means speaking simultaneously with or just after the speaker, echoing means repeating a phrase right after hearing it, focusing on matching the rhythm, stress and sounds. Both techniques build the same thing: the physical memory of natural speech.

ES

Repetir o imitar de cerca lo que alguien acaba de decir, especialmente para practicar pronunciación o ritmo.

El primo más suave del shadowing. Repites una frase justo después de escucharla, enfocándote en el ritmo, acento y sonidos.

Echo each phrase you hear before moving on — this builds both memory and pronunciation at the same time.

Echo each phrase you hear before moving on — this builds both memory and pronunciation at the same time. -> Imita cada frase que escuches antes de seguir adelante — esto desarrolla tanto la memoria como la pronunciación al mismo tiempo.

She echoed every sentence in the dialogue immediately after hearing it and her natural rhythm improved within days.

She echoed every sentence in the dialogue immediately after hearing it and her natural rhythm improved within days. -> Imitó cada frase del diálogo inmediatamente después de escucharla y su ritmo natural mejoró en cuestión de días.

4 to replay

4 volver a reproducir · escuchar de nuevo un segmento específico para enfocarse en un detalle

DEF

to listen to or watch something again — especially a short segment — in order to focus on a specific detail

Replay is the micro-learning action. Where passive listening means hearing something once, replaying means going back and extracting maximum value from a short excerpt. Replaying a ten-second segment five times gives more benefit than listening to a full hour once.

ES

Escuchar o ver algo de nuevo — especialmente un segmento corto — para enfocarse en un detalle específico.

La acción del microaprendizaje. Reproducir un segmento diez segundos cinco veces da más beneficio que escuchar una hora completa una vez.

Replay difficult segments until you can hear every word — do not move on until it is clear.

Replay difficult segments until you can hear every word — do not move on until it is clear. -> Vuelve a reproducir los segmentos difíciles hasta que puedas escuchar cada palabra — no sigas adelante hasta que esté claro.

She replayed the same ten-second clip thirty times until she could finally hear the connected speech in it.

She replayed the same ten-second clip thirty times until she could finally hear the connected speech in it. -> Reprodujo el mismo clip de diez segundos treinta veces hasta que finalmente pudo escuchar el habla conectada en él.

5 to tune in to

5 sintonizarse con · prestar atención enfocada a un sonido o programa

DEF

to give focused attention to a sound or broadcast — to begin listening carefully and picking up on what is being said

Tune in to is the radio metaphor for focused listening. You can be physically present at an English conversation but tuned in to your own thoughts. Choosing to tune in requires deliberate attention. Practising this in short bursts — intense focused listening — is more effective than long passive exposure.

ES

Dar atención enfocada a un sonido o programa — comenzar a escuchar atentamente y captar lo que se dice.

La metáfora de la radio para la escucha enfocada. Puedes estar físicamente presente en una conversación pero sintonizado en tus propios pensamientos.

Tune in to English wherever you are — on the bus, in a queue, on your commute — and listen actively.

Tune in to English wherever you are — on the bus, in a queue, on your commute — and listen actively. -> Sintonízate con el inglés dondequiera que estés — en el autobús, en una fila, en tu trayecto — y escucha activamente.

She tuned in to the background conversations in cafes and discovered she understood far more than expected.

She tuned in to the background conversations in cafes and discovered she understood far more than expected. -> Se sintonizó con las conversaciones de fondo en los cafés y descubrió que entendía mucho más de lo esperado.

6

to get the rhythm of something

coger el ritmo de algo · familiarizarse con el flujo natural de un idioma

DEF

to become familiar with and able to reproduce the natural flow, pattern or pace of a language or skill

Get the rhythm is the intuitive path to fluency. Language rhythm is the heartbeat of speech — when you get the rhythm of English, individual words become less important because you are feeling the flow. This is what shadowing ultimately trains: not words but the music of the language.

ES

Familiarizarse con y ser capaz de reproducir el flujo natural, patrón o ritmo de un idioma o habilidad.

El camino intuitivo hacia la fluidez. El ritmo del lenguaje es el latido del habla. Esto es lo que el shadowing entrena finalmente: no las palabras sino la música del idioma.

To get the rhythm of English, listen to the same recording many times until the flow feels familiar.

To get the rhythm of English, listen to the same recording many times until the flow feels familiar. -> Para coger el ritmo del inglés, escucha la misma grabación muchas veces hasta que el flujo se sienta familiar.

After two months of shadowing, she finally got the rhythm of English and her speech lost its mechanical quality.

After two months of shadowing, she finally got the rhythm of English and her speech lost its mechanical quality. -> Después de dos meses de shadowing, finalmente cogió el ritmo del inglés y su habla perdió su calidad mecánica.

7

intensive listening

escucha intensiva · escucha activa y enfocada de un fragmento corto de audio

DEF

focused, active listening to a short piece of audio with full attention — the opposite of background or passive listening

Intensive listening is the counterpart to extensive listening. Where extensive means quantity — lots of exposure — intensive means depth: one minute of audio, understood completely. Shadowing requires intensive listening. So does pronunciation work. Short sessions of intensive listening beat long sessions of passive exposure.

ES

Escucha enfocada y activa de un fragmento corto de audio con plena atención — lo opuesto a la escucha de fondo o pasiva.

La contraparte de la escucha extensiva. Un minuto de audio completamente comprendido vale más que una hora de escucha pasiva.

Practise intensive listening on a one-minute clip before moving to longer content.

Practise intensive listening on a one-minute clip before moving to longer content. -> Practica la escucha intensiva en un clip de un minuto antes de pasar a contenido más largo.

She switched from hours of background English to thirty minutes of intensive listening and her progress doubled.

She switched from hours of background English to thirty minutes of intensive listening and her progress doubled. -> Pasó de horas de inglés de fondo a treinta minutos de escucha activa y enfocada y su progreso se duplicó.

8

to pick up on something

captar · darse cuenta de algo sutil que de otro modo pasarías por alto

DEF

to notice or become aware of something subtle — a detail, a sound, a tone — that you might otherwise miss

Pick up on is the phrase for unconscious acquisition made conscious. When you shadow, you begin to pick up on things you never noticed before: a vowel reduction, a dropped consonant, a rise in pitch. This increased awareness is itself a sign of language development.

ES

Notar o tomar conciencia de algo sutil — un detalle, un sonido, un tono — que de otro modo podrías pasar por alto.

La frase para la adquisición inconsciente hecha consciente. Cuando haces shadowing, empiezas a captar cosas que nunca habías notado.

The more you shadow, the more you start to pick up on subtle differences in English pronunciation.

The more you shadow, the more you start to pick up on subtle differences in English pronunciation. -> Cuanto más haces shadowing, más empiezas a captar diferencias sutiles en la pronunciación del inglés.

She picked up on the fact that native speakers rarely pronounce the 't' in 'often' and adjusted her own speech.

She picked up on the fact that native speakers rarely pronounce the 't' in 'often' and adjusted her own speech. -> Captó el hecho de que los hablantes nativos raramente pronuncian la 't' en 'often' y ajustó su propia habla.

9

to match someone's pace

igualar el ritmo de alguien · ajustar tu velocidad al ritmo de otro hablante

DEF

to adjust your speed to match the speed of another speaker — neither too fast nor too slow

Match someone's pace is the shadowing challenge. When you shadow a fast speaker, you must speak at their speed. This is deliberately uncomfortable at first — it forces your mouth and brain to work faster than they are used to. Over time, your default speed increases.

ES

Ajustar tu velocidad al ritmo de otro hablante — ni demasiado rápido ni demasiado lento.

El desafío del shadowing. Cuando haces shadowing de un hablante rápido, debes hablar a su velocidad. Esto aumenta tu velocidad predeterminada con el tiempo.

When shadowing, match the speaker's pace exactly — do not slow down even if you miss some words.

When shadowing, match the speaker's pace exactly — do not slow down even if you miss some words. -> Cuando hagas shadowing, iguala exactamente el ritmo del hablante — no bajes el ritmo aunque te pierdas algunas palabras.

She found it hard to match the pace of native speakers at first but after a month her own speech had sped up noticeably.

She found it hard to match the pace of native speakers at first but after a month her own speech had sped up noticeably. -> Le resultó difícil igualar el ritmo de los hablantes nativos al principio pero después de un mes su propia habla había acelerado notablemente.

to focus on chunks

10

enfocarse en bloques de palabras · aprender grupos de palabras que se usan juntas naturalmente

DEF

to pay attention to and learn natural groups of words that are commonly used together — rather than individual words in isolation

Focus on chunks is the vocabulary and fluency shortcut. A chunk is a group of words that native speakers use together as a unit: 'by the way', 'it turns out that', 'I was wondering if'. Learning chunks rather than individual words gets you to natural speech faster than learning grammar rules.

ES

Prestar atención y aprender grupos naturales de palabras que se usan juntas comúnmente — en lugar de palabras individuales aisladas.

El atajo de vocabulario y fluidez. Un bloque es un grupo de palabras que los hablantes nativos usan juntas: 'by the way', 'it turns out that'. Aprender bloques lleva a un habla natural más rápido que aprender reglas gramaticales.

Focus on learning chunks rather than single words — 'get in touch', not just 'get', 'in', and 'touch' separately.

Focus on learning chunks rather than single words — 'get in touch', not just 'get', 'in', and 'touch' separately. -> Enfócate en aprender bloques de palabras en lugar de palabras individuales — 'get in touch', no solo 'get', 'in' y 'touch' por separado.

She focused on chunks and after three months was producing naturally grouped English phrases that native speakers did not expect.

She focused on chunks and after three months was producing naturally grouped English phrases that native speakers did not expect. -> Se enfocó en bloques de palabras y después de tres meses estaba produciendo frases en inglés agrupadas naturalmente que los hablantes nativos no esperaban.