

"Lose Yourself" by Eminem

Listening Practice – Intermediate - Advanced

<http://www.youtube.com/watch?v=1TADyXC2K0g>

Activity 1: Read the first three lines of this song and discuss the following questions with your partner or group.

1. Have you ever taken a fairly big risk in your life?
2. Do you think it is better to live life taking some risks, or to always 'play it safe' so that life is stable?
3. What is your answer to the authors' question?

Activity 2: Listen to the song. Your teacher will re-play it several times. Fill in the gaps with missing words that you hear.

Look, if you had one shot, or one opportunity
To seize everything you ever wanted in one moment
Would you capture it or just let it slip?
Yo

One shot = One chance

Seize = Take, grab, capture

Capture = Take, detain Let it slip = Let it go

His _____ are sweaty, knees weak, arms are _____
There's vomit on his sweater _____, mum's spaghetti
He's _____, but on the surface he _____ calm
And ready to **drop bombs**,
but he keeps on _____ what he _____ down,
the whole crowd goes (gets) so loud
He _____ his mouth, but the words _____ come out
He's choking how, _____ joking now

Vomit = Sick, Sweater = Jumper

Surface = Outside, exterior

The clock's run out, _____ over, **bloah!**
Snap back to reality, Oh there goes _____
Oh, there goes Rabbit, he choked
He's so _____, but he won't _____ that easy (easily),
No

Choking = Coughing on something so that you can't breathe

Run out = finished, Time's up = the time has ended

Snap back = go back, Reality = Truth, real life

(Rabbit was Eminem's name when he was younger)

He won't have it, he knows **his whole back's to these ropes**
It don't (doesn't) _____, he's dope
He knows that, but he's broke
He's so stagnant that he knows
_____ he goes back to his _____ home, that's when it's
Back to the lab again, *yo*
_____ whole rhapsody
He better go _____ to this moment and _____ it don't pass him

Have it = Accept it

He's dope = He's cool

He's broke = He's very poor

Stagnant = Inactive, not doing anything

Mobile home = Caravan/trailer

Lab = Laboratory

Rhapsody = Great happiness, ecstasy

[Hook:] Repeated twice

You better _____ yourself in the music, the _____
You own it, you better _____ let it go
You _____ get one shot, do not miss your chance to _____
This opportunity comes once in a _____ yo
(You better)

You better = You should

The soul's _____, through this hole that is gaping

Gaping = Wide open

This _____ is mine for the taking

Make me _____, as we move toward a new world order

A normal life is _____, but superstardom's

Superstardom = Fame

_____ to post mortem

Post mortem = After death or an examination of a dead body

It only grows _____, only grows hotter

He blows us all over these hoes is (are) all on him

Hoes = Women (very impolite)

_____ to coast shows, he's known as the globetrotter

Globetrotter = Someone who travels a lot

Lonely roads, _____ only knows

He's no father = He's a bad father

He's grown farther from home, he's no _____

Barely = Hardly

He goes home and _____ knows his own _____

But hold _____ nose because here goes the cold water

Schmoe = idiot (Jewish term)

His hoes want him no more, he's **(a) cold product**

Nada = Nothing

They _____ on to the next schmoe who flows

Soap opera = Television drama/show

He **nose dove** and sold nada

So the soap opera is _____ and unfolds

I suppose it's old partner but **the beat goes on**

Da da dum da dum da da

Activity 3: There are some idioms and common English phrases which are in **bold** and **italics** in the text. With your partner or group, discuss what you think they might mean.

Drop bombs

His back's to the rope

A cold product.....

Nose dove.....

The beat goes on.....

Activity 4: Discuss this statement in small groups.

“Some people say that Eminem is as great a poet as Shakespeare.”

Do you agree?

How influential is Eminem?

Activity 5: Now listen to the rest of the song and follow the song with the lyrics your teacher gives.

No more games, I'ma change what you call rage
Tear this motherfucking roof off like 2 dogs caged
I was playing in the beginning, the mood all changed
I've been chewed up and spit out and booed off stage
But I kept rhyming and stepped right into the next cypher
Best believe somebody's paying the pied piper
All the pain inside amplified by the fact
That I can't get by with my 9 to 5
And I can't provide the right type of life for my family
Cause man, these goddam food stamps don't buy diapers
And it's no movie, there's no Mekhi Phifer, this is my life
And these times are so hard, and it's getting even harder
Trying to feed and water my seed, plus
Teeter totter caught up between being a father and a prima donna
Baby mama drama's screaming on and
Too much for me to wanna
Stay in one spot, another day of monotony
Has gotten me to the point, I'm like a snail
I've got to formulate a plot or I end up in jail or shot
Success is my only motherfucking option, failure's not
Mom, I love you, but this trailer's got to go
I cannot grow old in Salem's lot
So here I go it's my shot.
Feet fail me not, this may be the only opportunity that I got

[Hook]

You can do anything you set your mind to, man

