"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
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
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

Vomit = Sick, Sweater = Jumper
Surface = Outside, exterior

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)

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

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[Hook:] **Repeated twice**

You better _____yourself in the music, the _____ — You better = You should
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)

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 grown farther from home, he's no _____ — He's no father = He's a bad father
He goes home and _____ knows his own _____ — Barely = Hardly
But hold _____nose because here goes the cold water
His hoes want him no more, he's ***(a) cold product***
They _____ on to the next schmoe who flows — Schmoe = idiot (Jewish term)
He ***nose dove*** and sold nada — Nada = Nothing
So the soap opera is _____ and unfolds — Soap opera = Television drama/show
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.

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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

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