

Tara 老师的口语文本+音频资料

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电影

See 和 watch a movie 的区别

see 表示的是一个客观动作，打卡似的动作。例如，Have you seen that movie already? 回答，Yes, I saw it last week.

I watched that movie 3 times. 我（认真）看了这个电影三遍。

I saw that movie 3 times because my gf loves it. 我因为要陪女朋友看了这个电影三回。

1. 电影的种类 (movie genres)

action 动作片； comedy 喜剧片； love story/romance 爱情故事； horror 恐怖片；

chick flick 少女片（贬义）； romcom (romantic comedy) 爱情喜剧片；

thriller 惊悚片； sci-fi (or "science fiction") 科幻片； popcorn movie 爆米花电影；

Hollywood blockbuster 好莱坞大片电影（blockbuster 大片、炸弹）；

independent 独立影片； low-budget 小制作； drama 剧情片； fantasy 奇幻魔幻电影

western 西部片

Action: Movies in the action genre are fast-paced and include a lot of action like fight scenes, chase scenes, and slow-motion shots. They can feature superheroes, martial arts, or exciting stunts.

Comedy: Comedy films are funny and entertaining. Good comedy movies are less about making constant jokes, and more about presenting a universally relatable, real-life story with complex characters who learn an important lesson.

Drama: The drama genre features stories with high stakes and a lot of conflicts. They're plot-driven and demand that every character and scene move the story forward.

Fantasy: Films in the fantasy genre feature magical and supernatural elements that do not exist in the real world. Although some films have a real-world setting with fantastical elements, many create entirely imaginary universes with their own laws, logic, and populations of imaginary races and creatures.

Horror: Horror films feature elements that leave people with an overwhelming sense of fear and dread.

Science fiction: The sci-fi genre builds worlds and alternate realities filled with imagined elements that don't exist in the real world. Science fiction spans a wide range of themes that often explore time travel, space travel, are set in the future, and deal with the consequences of technological and scientific advances.

Thriller: Thrillers expertly blend mystery, tension, and anticipation into one exciting story. Successful thrillers are well-paced, often introducing red herrings, and revealing information at the exact right moments to keep the audience intrigued.

2. 相关表达:

- cast 演员阵容

- character 角色

I really like his character in this movie.

- plot 情节

It was a good film, but the plot was difficult to follow at times.

- prop 道具

- scene 场景片段

-A-lister: 大腕儿, 一线明星。 B-lister, C-lister...18 线明星

-Cameo: 客串。 An A-lister did a cameo in a movie.

-Extra: 临时演员

-Box office 票房

This movie smashed the box office= This movie was a box office hit.

I usually avoid seeing popular box-office hits (票房冠军型的电影) . I prefer low-budget films, sci-fi especially.

-premiere 首映: the first night when a movie is starting to show

- trailer 电影预告

-remake 翻拍

This movie is a remake.

-end credits 片尾致谢 a list of people involved in making a film, usually shown at the end of it

It's nice to see my own name listed in the end credits.

-soundtrack 电影背景乐

I love watching movies in the cinema. I love all the special effects (特效) and the soundtrack /sound effects.

-original movie VS. Prequel 前传 VS. Sequel 续集

-main role/ main character/ leading actor/ leading actress/ leading part 主演

- supporting actor/ supporting actress/ supporting role 配角

-Epic =big story. 口语也天天使用。

-Sb. has a new movie out.

- hype 宣传, 炒作

There is a lot of hype about the new Lady GaGa CD.

A: Did you see Titanic?

B: No, I usually avoid movies that have too much hype. Should I see it?

-release: 上映

I love going out to see a film when it goes on general release (刚刚上映的时候) ... and seeing it on the big screen (大荧幕) is more exciting than watching the film at home on TV.

3. 一些和电影有关的俚语:

① to run the show 操控场面

He always wants to run the show at work.

② to steal the show 舞台上艳冠群芳 Perform above everyone else in a show or event.

Sara was playing the part of one of the main characters. Her way of acting was very impressive. She totally stole the show.

③ to get the show on the road 开始着手某事 start working on something

If we really want to finish this project on time. we need to get the show on the road ASAP.

④ doesn't live up to the hype/expectations: 没有宣传得那么好、没有预期得那么好

-I thought the movie was going to be better than that. It totally didn't live up to my expectations.

-The movie was OK. I mean, it didn't really live up to the hype. Definitely overrated.

4. 形容一部电影 (和形容书有很多共用的):

- **captivating/engaging/charming/interesting:** 迷人的、有趣的
- **amusing/entertaining:** 有趣的、有娱乐性的
- **adventurous:** 充满冒险的
- **informative:** 充满信息量的、提供有用信息的、教育性的
- **educational:** 有教育意义的
- **heartwarming** 令人感到温暖愉悦的 **causing gladness and tender feelings**
- **heartfelt:** 走心的、真诚的
- **heart-wrenching:** 令人悲伤的
- **insightful** 有深刻见解的、有洞察力的
- **thought-provoking** 引发思考的 **making you think a lot about a subject**
- **laugh-out-loud funny** 能让人笑出声的好笑 **extremely funny, hilarious**
- **tear-jerking** 催泪的
- **tear-jerker** 催泪弹 **This movie was a real tear-jerker.**
- **moving/touching** 令人感动的、打动人心的
- **delightful** 令人快乐愉快的
- **with a charming story/with a beautifully crafted story**

This is a movie with a beautifully crafted story. 这本书包含了一个写的非常有趣的故事

- **uplifting** 提升一个人的思想境界、情绪，振奋人心的

This movie is uplifting and inspiring. I feel very encouraged after watching it.

- **fast-paced** 节奏很快的

This movie is so fast-paced and intense.

- **action-packed: full of activities, events and excitement.** 令人激动的，充满各种情节的

- suspenseful 悬疑的
- gripping/attention-grabbing: 吸引人的, 非常非常有趣

做运动

1. 相关表达:

-Do sports 做体育运动

-Exercise(v.) 锻炼 / do exercises (n.) 做各种种类的锻炼

I enjoy exercising. / I enjoy doing exercises.

Have you had enough exercise today (锻炼的总量为不可数名词) ?

-Physical activity 体育活动、体能活动

(outdoor activity 户外活动/ indoor activity 室内活动/ leisure activity 娱乐活动。不仅限于体育类的)

-Work out (v.) / work-out (n.) 健身

How long do you work out at the gym?

It's a 9-minute strength work-out.

I've been working out at the gym lately.

Have you been working out? 暗指状态看起来很不错

-slim down 变瘦

Regular workouts helped him slim down considerably.

-burn fat 燃脂

Jumping rope can really help me burn fat.

-shed pounds/ lose weight/ shift some weight

Eating fewer carbs (碳水) and more protein will help you shed pounds.

I really want to shift some weight before my holidays.

-bulk up=build muscle 变壮 增肌

You can still build your body strength by lifting weights without bulking up.

- good shape/bad shape

I'm in good shape.

She's in bad shape.

I'm so out of shape.

I want to get in shape again.

You need to stay in shape for your marathon.

-fit 健康的、健美的

-toned 健美的、线条紧致的

-cut 线条紧致、肥肉很少、看多肌肉线条

I want to get cut.

-shredded/ ripped 非常线条清晰、一丝肥肉没有

-jacked 肌肉很大块 (施瓦辛格那样)

- six-pack abs 六块腹肌

I've been doing sit-ups (仰卧起坐) /crunches (卷腹) every day to get six-pack.

-Stamina 精力、毅力

He must have a lot of stamina if he can do these exercises.

-endurance 体力

Going to the gym every day helps me improve my endurance.

2. 和健身有关的俚语

① muffin top 腰上一圈肉 又叫 spare tire



I need to get rid of my muffin top.

② love handles 腰两侧的小肥肉



3. 健身的好处:

- Helps you control weight/ keep in shape/ keep fit
- Prevents heart diseases/ prevent a wide range of health problems-
- Improves muscle strength/ increases endurance
- Blows off the steam after work/after a stressful day

- Makes you feel happier, less anxious, and more relaxed
- Boosts your confidence and improves your self-esteem
- Promotes better sleep/ helps you fall asleep faster/ improves sleep quality
- It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy.
- Physical activity can also help you connect with family or friends in a fun social setting.
- Doing sports can allow you to meet up new people/ socialize with new friends/

4. 健身项目：

- cardio 有氧运动

Cardio exercises can get your heart rate going faster and increasing your breathing.

- aerobics 有氧运动、有氧操

I just signed up for an aerobics class.

- to go for a spin 出门骑骑车（锻炼）

I took my bike for a quick spin before going to work.

- stretch legs 伸伸腿

I usually like to go for a brisk (quick) walk to stretch my legs after sitting at the desk all day.

- Take a walk/ go(out) for a walk/run

Enjoy/ go (out) for a nature walk/ brisk walk

- Running on the treadmill（跑步机）; working out on the elliptical（椭圆仪）

- Do weight lifting/ training（举铁）

-sit-up 仰卧起坐; crunch 卷腹

How many sit-ups can you do a time?

Do 3 sets of sit-ups with 25 to 50 repetitions(reps) each set.

-push-up 俯卧撑

-pull-up 引体向上