



第九十一期

How to Dance in a Nightclub

在夜店如何跳舞

So you've been invited to a nightclub for your friend's birthday, and your biggest fear is about to come true. You might have to dance. You have no formal dance training, and you have no idea how to do it. Or maybe you've tried before and just felt really **awkward**. If this sounds like you, then here are some simple tips on how to dance.

你被邀請去一家夜店參加朋友的生日派對，你最大的恐懼就要成真了。你可能需要跳舞，但卻沒有經過正式的舞蹈訓練，更不知道該怎麼跳舞。也或許，你以前嘗試過，但就是覺得尷尬。如果這聽起來就像你的處境，那麼這裡有一些關於跳舞的小技巧。



- Find your comfort zone.
找到你的舒適圈

If you feel like everyone in the bar is watching, find a more **secluded** position on the dance floor. Put yourself in the middle of the crowd so that all the seated people in the bar can't see you, or wait until the dance floor gets busier. If having a drink helps to make you feel more comfortable, then go for it. The same thing goes for dancing with a friend. 如果你覺得酒吧裡的每個人都在看著，在舞池中找一個比較隱密的位置。讓自己置身在人群中，讓所有坐在酒吧裡的人都看不到你，或者等到舞池變得比較擁擠時。如果喝一杯酒會讓你覺得比較自在，那就喝一杯吧。和朋友一起跳舞的話也是一樣的情況。

- Dance like no one is looking.



就像沒人在看一樣盡情地跳吧

The truth is that very few people are looking. And even if they are looking, they probably aren't judging you in the way that you think they are. Moreover, they are probably equally self-conscious about themselves. Just forget about everybody else.

事實上，真的很少有人在看。即使他們真的在看，很有可能不會以你所認為的方式來批判你。而且，他們自己也可能一樣忸怩。就忘了別人的存在吧。

- Wait for the right song.
等一首對的歌

If a song isn't **inspiring** you, take the opportunity to chat with a friend or go for a pee break. You don't have to dance to every song. And remember that in some clubs, you can even request your favorite songs.

如果某首歌不能鼓舞你，趁機和朋友聊天或是上個廁所休息吧，不必每首歌都跳。記得，在某些夜店，你甚至可以點播你最喜歡的歌。

- Focus on the music, not your **surroundings**.
專注於音樂，而不是周圍環境

Try to feel the music, and allow your body to do what comes naturally. There is no wrong way to dance. Don't try to copy the dance moves of those around you. Just do what feels right for you. Closing your eyes can help. And if you are feeling the beat, try smiling too. It will actually make you feel even happier!

試著感受音樂，並讓你的身體做自然而然的動作，沒有任何錯誤的跳舞方式。不要試著模仿身邊的舞蹈動作，只要做你感覺對的動作，閉上眼睛會很有幫助。如果你能感覺到音樂的節奏，也試著微笑吧！這真的會讓你感到更快樂！

Vocabulary 好字精選

1. awkward (adj) feeling socially uncomfortable 尷尬，丟臉

Teddy feels awkward every time he meets new people.

Teddy 每次認識新朋友時都會感到尷尬。

2. secluded (adj) not visible or accessible to many others 隱密的

The rich family bought a house on a secluded beach.

這有錢人家在一座隱密的海灘上買了一棟房子。

3. inspire (v) positively influence 鼓舞、啟發

That actress has inspired many young women to pursue their dreams.

那位女演員啟發了許多年輕女性追求她們的夢想。

4. surroundings (n) your environment or the things around you 環境

It was nice to be back in the familiar surroundings of my city.

回到熟悉的城市環境感覺很好。

Phrases and Sentence Patterns 句型解析

1. sb. + have no idea wh-/how to + V (sentence pattern) sb. doesn't know how to V

不知道

Bart's grandma has no idea how to use the Internet.

Bart 的奶奶不知道如何使用網路。

2. the same goes for (phr) the same is true for 同樣如此

Potato chips are not healthy, and the same goes for chocolate bars.

洋芋片很不健康，巧克力棒也是如此。

3. self-conscious (expression) worrying too much about one's self appearance or performance 自覺的、忸怩的

Lance is always too self-conscious about his height.

Lance 總是對自己的身高感到過於彆扭。

4. pee break (expression) a break to use the restroom 廁所時間

Dad, can we stop the car for a pee break at the next rest stop?

爸爸，我們可以在下一個休息站停車上廁所嗎？

5. feel the beat (expression) to enjoy a song being played 感受節奏

Many in the crowd were jumping up and down because they were really feeling the beat. 人群中有許多人因為真正感受到節奏而舞動起來。



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The 2017 Oscar Awards Mix-Up

2017 年奧斯卡獎烏龍事件

In the weeks leading up to the 89th Academy Awards in February 2017, there was a lot of **anticipation**. Two amazing films from 2016 seemed to have a good chance to take the Oscar for Best Picture. One was *La La Land* and the other was *Moonlight*. The former was a feel-good **musical**, while the latter was a serious film about a gay black man. In previous years, few black films or actors/actresses had won awards, so many people were hoping the African American filmmakers would get the credit they **deserved** for *Moonlight*.

再過幾個禮拜就到了 2017 年二月的第八十九屆奧斯卡獎，有許多的預告片可以先看。2016 年有兩部令人驚豔的電影看起來最有機會得到奧斯卡最佳影片獎。其中一部是《樂來樂愛你 La La Land》)，另一部是《月光下的藍色男孩 Moonlight》。前一部是一部令人愉快的音樂劇，而另一部則是關於一位同志黑人男孩的嚴肅電影。在前幾年時，有一些黑人色彩的電影或是演員都會贏得獎項，所以許多人盼望著這部非裔美國人導演能藉由這部他們覺得值得的電影《月光下的藍色男孩 Moonlight》得以獲獎。



During the ceremony, an elderly actor and actress came onto the stage to announce the winner. They looked a little confused after they opened the envelope, and then announced the winner as *La La Land*. While the *La La Land* crew were giving their acceptance speech, workers came to the stage and informed them that the wrong envelope had been given by someone behind the stage. “We lost by the way,” said the producer of *La La Land* to the crowd and millions of viewers on TV. Then the *Moonlight* crew came to the stage and gave their speech in shock and **disbelief**.



在典禮期間，有一位年長的男演員及女演員上台來宣布贏家。在打開信封之後，他們看起來有些困惑，接著便宣布得獎影片為《樂來樂愛你 La La Land》。在《樂來樂愛你 La La Land》團隊正在發表得獎演說時，工作人員走上舞台並告知他們，後台的人給錯信封了。「順帶一提，我們失去此獎項了。」《樂來樂愛你 La La Land》的製作人向團隊及電視上百萬的觀眾們如是說。接著《月光下的藍色男孩 Moonlight》團隊上台發表他們震驚及不可置信的感想。

It's hard to imagine a bigger mix-up than that for the Oscar Awards!

很難想像奧斯卡獎竟然會犯下如此大的烏龍事件！

Vocabulary 好字精選

1. anticipation (n) 預期，期望；[音]搶先聽

There was a lot of anticipation among the audience members before the show began.

在表演開始前，觀眾們有很高的期望。

2. musical (n) 歌舞劇；音樂片

Grace doesn't like when actors and actresses sing so she never watches musicals.

Grace 不喜歡看男女演員唱歌，所以她不從看音樂劇。

3. deserve (v) 應得

Everybody thinks that Andy deserves to be chosen as employee of the month.

每個人都覺得 Andy 應被選為本月最佳員工。

4. crew (n) 全體船員；全體機員；(一組) 工作人員

The construction crew took a break and went to 7-11 together.

建設團隊短暫休息一下，接著一起前往 7-11。

5. disbelief (n) 不信；懷疑

Kyle stood there in disbelief as a large green monster crossed the street right in front of him.

當一個巨大的綠色怪物正穿越街道時，Kyle 正一臉不可置信的站在那裡。

Phrases and Sentence Patterns 句型解析

1. in the minutes/hours/days/weeks/months/etc. + leading up to + event (sentence pattern) 再(分/時/天/月)就要(活動)舉行

In the hours leading up to the test, many students were sitting in the hallways reviewing their notes.

在過幾分鐘就要考試了，許多學生們正坐在走廊複習他們的筆記本。

2. the former...the latter (pattern) 'the former' refers to the first of two things just mentioned and 'the latter' refers to the second one 前者...後者...

Jake went to Paris and Brussels on his trip. He was disappointed by the former but really loved the latter.

Jake 去巴黎及布魯塞爾旅行。他對於前者感到失望，但相當熱愛後者。

3. acceptance speech (expression) a speech to accept an award or prize 得獎感言

Paula thanked her parents and God in her acceptance speech.

Paula 在得獎感言中，感謝她的爸媽及上帝。



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