

Step By Step 一步一步来 – 11 月 10 日

Hello & Welcome to English World.

欢迎你来到《英语世界》。

This is your radio friend Mark.

And I am Guo Wen-Jie.

We are so happy you tune into our program.

很高兴你收听我们的节目。

Every week we bring a new topic to you.

每周我们都带给你新的主题。

Today, we are going to talk about our feet.

今天我们要和你来谈谈，我们的脚丫子 our feet

Wen-Jie, I notice you have small feet.

I do have small feet 我的脚丫子很小。 I wear shoe size 5 and a half. 鞋子穿五号半。

That's tiny! I wear a size 11.

马可穿 11 号鞋子。 Wow! You have very big feet. And you walk fast, too. 他脚大，走路也蛮快的。

Well, or course. You can never seem to keep up with me.

我可跟不上他走路的速度。

Guess what happened to me yesterday?

马可说昨天发生一件事。

I was jogging down the street as part of my regular exercise routine.

他按平常的习惯，在街上跑步运动。

I felt pretty strong and my pace was good.

他觉得身体状况不错，走的步伐也设定得好。

Actually, I was enjoying myself,

当他正跑得得意时，I know, something happened.

My left foot landed in a hole,

他左脚踩进了一个坑洞里 Oh no.

I lost my balance.

他身体失去平衡 lost the balance

And I fell.

就摔了下去。

When I got back up,

当他爬起来时，

I was limping.

他走路一拐一拐的。 That's too bad. How are you now?

My left shoulder and knee still hurt now.

现今他的左肩和膝盖还在痛呢！ Sorry to hear that.

First Step 婴孩的第一步

When does a baby take its first step?

小婴孩何时踏出第一步呢？

It can be as early as nine months

最早可以在九个月大时，

Or it can take longer time, around 12-14 months.

也可能稍稍迟些，大约 12 到 14 个月大。

Taking that first step is one of the first major accomplishments for a baby.

对婴孩来说，走第一步路，是第一个大成就。

Mark, we all think walking is a natural and easy thing. 走路看来是件很自然简单的事。

But it's not as easy as it seems.

看来简单，但却不容易。

Walking requires a lot of body coordination.

走路，需要身体多方面的的协调。

Do you remember when we were kids?

还记得我们小时候，

We wear our parents' shoes.

我们喜欢穿爸爸妈妈的鞋子，

But as we were trying to walk in them,

但当我们穿大鞋子走路时，

We often tripped.

通常我们会摔跤。

But you know what, as we grew up, our feet grew as well.

但是当我们长大了些，我们的脚也大了。

We all started out by taking small steps,

我们一开始时，是小步小步走。 taking small steps

But as we grew, we began to take larger strides

但是长大後，我们就迈开大步行走了。 take larger strides

Fun With Phrases 趣味词句

Step in 踏进去 Step out 踏出来
Step up 向上踏 Step down 退下来
Step forward 向前走一步 Step back 退一步
Keep step 维持步调 Out of step 步调乱了
Take steps 采取行动 Step on it 著手进行

Coming up next, is today's "Everyday Dialogue".

紧接著，是我们“每日会话”时间。

Two co-workers are chatting

两位同事在谈话。

Let's listen in to their conversation.

我们一起来听他们的对话。

A: The deadline is coming up Friday. We'd better step on it and get it finished.
How are we doing so far?

B: It's not going well. I need more time.

A: There's no time. You were supposed to finish your part yesterday.

B: I just want to make sure everything is right.

A: But, you are holding up other people. What steps do you need to take to get it done?

B: Don't be in such a hurry. Getting it done right is more important than getting it done on time.

两位同事谈的，跟工作有关，让我们帮助你了解会话内容。

The deadline is coming up Friday. We'd better step on it and get it finished. How are we doing so far?

这周五就是截止日期了，我们最好著手进行，完成这个企画，我们现在进展如何？

It's not going well. I need more time.

进行得不很顺利，我需要多点时间。

There's no time. You were supposed to finish your part yesterday.

没时间了。你昨天就应该完成你那部分的。

I just want to make sure everything is right.

我想要确定所有的事情都作对了。

But, you are holding up other people. What steps do you need to take to get it done?

你这样妨碍推延了其他人的工作。你要采取什麼步骤去完成它呢？

Don't be in such a hurry. Getting it done right is more important than getting it done on time.

不要这麼匆忙。作得对，比赶完工作交差，来得更重要。

We see in this dialogue, they have different ideas when pacing a project.

这个对话里，他们两位对工作进程, pacing a project, 有不同的看法。

One of them wants to get the job done on time.

一位希望能及时 on time 赶完工作。

While the other is more concerned about getting it done right.

而另一位则关切事情做得好不好。

Which one of them are more like you?

你比较像那一位呢？

Let's review the dialogue once again.

我们再来复习，每日会话。

A: The deadline is coming up Friday. We'd better step on it and get it finished.

How are we doing so far?

B: It's not going well. I need more time.

A: There's no time. You were supposed to finish your part yesterday.

B: I just want to make sure everything is right.

A: But, you are holding up other people. What steps do you need to take to get it done?

B: Don't be in such a hurry. Getting it done right is more important than getting it done on time.

Speaking of steps and walking,

谈到步伐和走路。

.How are your steps along the path of life?

你生命路上的步伐又如何？

Some of those steps may be easy, as though you are walking on level ground.

可能你有时走来容易，好像走在平地上一样。

But other times it's difficult, you stumble and fall.

有时你可能碰上坑坑洞洞的路。

How do you know how to keep your footing?

你可知道要怎样持定你的脚步 keep your footing 吗？

Verse of the Week 每周金句

“His eyes are on the ways of men; 神注目观看人的道路

He sees their every step.” 看明人的脚步

Job 34:21 约伯记

His eyes are on the ways of men; He sees their every step.

God watches how we live our lives.

神观看我们怎麽过生活。

Are we keeping a good pace?

我们是否有平稳的步伐。

Do we focus our eyes on what's in front of us?

是否眼目朝前方。

If we follow God's truth,

我们若是遵守神的真理。

Jesus promised to help us in our life journey.

耶稣应许要帮助我们的生命旅程。

He will uphold us with his hands,

他会用手搀扶我们。

And direct us each step of the way.

也指引我们人生的每一个脚步。

Well listener friends, our topic today was: “Step By Step”.

今天我们的主题是：一步一步来 Step by Step.

Learning a language takes time.

学习新语言花时间。

We hope this program has helped you.

我们希望这个节目帮助了你。

We want to be your friends.

我们很愿意成为你的朋友。

So, Write us and request the gift we have for you.

写信来，索取我们赠送的礼物。

And Don't forget to review the lessons we teach on the web.

也别忘了到网站来复习我们过往教过的课程。

Until next time on “English World”, This is Mark,

And I am Guo Wen-Jie.

We'll see you later.

Hey Mark, your feet are bigger than mine. But I can get to the corner store faster than you.

No way! I think I can walk faster than you.

That's true, but I'm taking the car.