

LEARN ENGLISH WITH MUSIC

Espresso

Sabrina Carpenter

COMPLETE LEARNING WORKBOOK

Go beyond the song

Playful word formation, pop-culture puns and register-aware English for confidence and attraction.

24 verified learning cards / Level B1-B2 / guided practice

SECTION 00

Your learning journey

Watch first, explore second, practise from memory and finish with the complete card library.

1 WATCH	Follow the official lyric video and synced cards.
2 EXPLORE	Study language, extended vocabulary, culture and sound.
3 PRACTISE	Complete the guided challenges without looking back.
4 REVIEW	Use the final 24-card library by category.

Three sources of value

Song language gives you patterns to reuse. **Extended vocabulary** helps you discuss the themes and music. **Context** helps you understand cultural references and form your own interpretation.

Official lyrics

[Open the official lyric video](#)

Listen, read and return to the workbook whenever you want to explore a language point in greater depth.

SECTION 01

Map the song

Notice how ordinary grammar is made memorable through puns, brand references, deliberate slang and abrupt changes of register.

STAGE	LEARNING LENS
Opening claim	Sleeplessness becomes proof of attraction
Wordplay verse	Movement, Nintendo and slang build confidence
Mini-story	Past events explain the present fascination
Return hook	Coffee, sweetness and control converge

Listening challenge

For each stage, write one word for the sound and one for the speaker's emotional position. Then explain which language choice helped create that impression.

SECTION 02

Language Lab

Move beyond the quick cards: compare structures, notice register and learn how to avoid common mistakes.

LANGUAGE POINT	GO DEEPER	USE IT WELL
present continuous + every night	Frequency expressions often accompany the present simple, but the continuous can frame a repeated action as a temporary current phase.	He thinks about it every night is a habit; he's thinking about it every night suggests a current pattern.
that as a degree word	Conversational that can modify an adjective or adverb and mean to that extent.	It isn't that serious. Did she really run that fast?
say meaning suppose	Say can introduce an imagined example without reporting anyone's exact words.	Say the bus is late - what is our backup plan?
relate to	Relate to means understand through shared experience. Relate A to B means connect two things; be related to means have a family or conceptual connection.	I relate to her story. The study relates sleep to memory. The topics are related.
have got	Have got expresses present possession in informal English. In questions and negatives, patterns vary between British and American usage.	I've got an idea. Have you got time? Do you have time?
stop doing vs stop to do	Stop doing ends an activity. Stop to do pauses one activity in order to begin another.	He stopped calling means no more calls; he stopped to call means he paused for a call.
come true vs make ... come true	Dreams and hopes come true without a direct object. A person or action can make them come true.	Her dream came true. The scholarship made her dream come true.
switch it up	This informal phrasal verb means introduce a change or variation. Switch something off has a different, literal device meaning.	Let's switch up the format, but please switch off your phone.
register and taboo vocabulary	Vulgar language can create humour, rebellion or intimacy, but social consequences depend on audience and setting.	Understand the joke without treating the expression as safe professional vocabulary.
wrapped around your finger	This idiom describes emotional influence or control. It often carries a critical implication that the influenced person is too compliant.	Use it to describe a relationship dynamic, not as a neutral synonym for love.

SECTION 03

Extended vocabulary: go beyond the lyrics

This bonus language expands what you can say about the narrative, emotion, performance and production.

espresso	noun	A small, concentrated shot of strong coffee made by forcing hot water through finely-ground beans. <i>She ordered a double espresso before the 8 a.m. meeting.</i>
to be smitten	expression	To suddenly and completely fall for someone. <i>He was smitten the moment she walked into the room.</i>
catchy	adjective	Describing a tune or phrase that is easy to remember and sticks in your mind. <i>The jingle was so catchy I hummed it for a week.</i>
earworm	noun	A song or melody that gets stuck in your head and keeps repeating itself. <i>That new single is a total earworm - I can't stop singing it.</i>
jolt	noun	A sudden, sharp burst of energy or shock. <i>The espresso gave her the jolt she needed to survive the deadline.</i>
to brew	verb	To make coffee or tea by letting hot water pass through it. <i>He brews a fresh pot every morning before work.</i>
confidence	noun	A feeling of self-assurance and belief in your own abilities or charm. <i>Walking into the interview, she radiated confidence.</i>
flirtatious	adjective	Behaving in a playful, romantically teasing way. <i>His flirtatious texts made her smile all afternoon.</i>
to show off	phrasal verb	To display something proudly in order to impress other people. <i>He loves showing off his new sports car to the neighbours.</i>
sun-kissed	adjective	Having a warm, glowing tan from time spent in the sun. <i>They came back from the trip with sun-kissed skin and a hundred photos.</i>
to keep someone up	expression	To prevent someone from sleeping, often because of thinking about them or something exciting. <i>The thought of the exam kept me up half the night.</i>
buzz	noun	Excited attention or gossip surrounding something; also the alert feeling caffeine gives you. <i>The new single created so much buzz that it trended for a week.</i>

SECTION 04

Idioms and expressive English

Use these additional expressions to discuss the song's situations and themes in natural English.

to have someone wrapped around your finger	extension	To have complete control over someone, especially romantically, so they'll do anything for you. <i>With just one smile, she has him wrapped around her finger.</i>
an acquired taste	extension	Something that not everyone likes at first, but which can grow on you with time. <i>Black coffee is definitely an acquired taste for most beginners.</i>
to run on caffeine	extension	To function or keep going using coffee as your main source of energy, often instead of sleep. <i>During finals week, the whole dorm was running on caffeine.</i>
can't get enough of something	extension	To want much more of something because you find it irresistible. <i>Since the trip to Italy, I can't get enough of real espresso.</i>
to be full of yourself	extension	To be extremely - and often charmingly - confident or pleased with your own abilities. <i>He struts around like he owns the place, completely full of himself, but somehow it works.</i>

Make the language yours

Complete the exercises later in the workbook to check meaning, structure and register.

SECTION 05

Pronunciation as performance

A sung voice is not a neutral accent sample. Listen for concrete features, then compare theatrical delivery with everyday speech.

The American flap T	Between vowels, American English turns /t/ into a quick, soft D-like tap: 'confidence', 'little' and 'pretty' come out closer to 'confidence-d', 'liddle', 'priddy'. Listen for how casually the T disappears in relaxed pop delivery.
Playful pitch flips and breathy vocal fry	Carpenter's delivery is famously deadpan and breathy, with sudden upward 'flips' in pitch at the end of phrases to land a joke or a wink - a vocal fingerprint of her sound on this track.
gonna / wanna reductions	'Going to' and 'want to' collapse into 'gonna' and 'wanna' throughout, standard in relaxed American pop singing - spelled out in full only in formal writing.
Clipped, staccato consonants for comedic timing	Rather than letting final consonants float smoothly into the next word as in a ballad, Carpenter often snaps them off sharply, almost like a spoken punchline - it's part of what gives the track its sassy rhythm.

Three-pass shadowing

1. Tap only the stressed beats.
2. Reproduce the phrase slowly and clearly.
3. Contrast a natural spoken version with the musical performance.

SECTION 06

Context and creative choices

Discover the cultural and creative decisions that shaped the song, then listen again with this context in mind.

Sabrina Carpenter released "Espresso" as a standalone single on 11 April 2024 through Island Records - the first taste of material that would later appear on her sixth studio album, *Short n' Sweet*, released on 23 August 2024. The song was written by Carpenter alongside Amy Allen and Steph Jones, and produced by Julian Bunetta, built around a breezy, self-assured persona that marked a clear turning point after years of Carpenter working her way up as a supporting pop act.

Its chart run was fast and international. In the United States, "Espresso" peaked at number three on the Billboard Hot 100 - Carpenter's first top-five hit - and topped the Pop Airplay chart that July, eventually logging 65 weeks on the Hot 100 overall. In the United Kingdom it became her first-ever number one single, spending seven non-consecutive weeks atop the Official Singles Chart and later being named the UK's Official Song of the Summer 2024.

The accompanying music video, directed by Dave Meyers (known for videos with Ariana Grande and Billie Eilish), leaned fully into the song's tongue-in-cheek glamour - sun-drenched pool scenes and a knowing wink at celebrity excess - and arrived the day after the single itself, in mid-April 2024.

Through the northern-hemisphere summer of 2024, "Espresso" became almost inescapable on social media, with TikTok users producing entire genres of videos about being unable to shake the song's hook from their heads, a phenomenon covered by outlets including Time and NBC News. Carpenter's Coachella performance that same season went viral too, and even fellow artists - Adele among them - publicly admitted the song was stuck on repeat in their minds.

Recognition from the industry followed in February 2025: at the 67th Annual Grammy Awards, "Espresso" won Best Pop Solo Performance, beating nominees that included Beyoncé, Billie Eilish, Chappell Roan and Charli XCX, and also picked up Best Remixed Recording. *Short n' Sweet* itself won Best Pop Vocal Album the same night, capping a breakout year for an artist who had already spent more than a decade recording before this song made her a household name.

For English learners, "Espresso" is a compact lesson in contemporary American pop delivery: clipped, confident phrasing, playful sarcasm, and the kind of deadpan comic timing that turned a simple coffee metaphor into one of the decade's biggest earworms.

SECTION 07

Practice zone

Complete every activity without looking back, then use the answer key to correct your work independently.

A. Complete the sentences

1. It wasn't ____ difficult. (that / than)
2. I can really relate ____ her experience. (to / with)
3. He finally stopped _____. (calling / to calling)
4. Her biggest dream came _____. (true / truly)

B. Choose the correct meaning

5. Introduce variety: **switch it up / switch it off.**
6. Pause work in order to phone: **stop calling / stop to call.**
7. Imagine this example: **Say the train is late / Tell the train is late.**
8. Strong romantic influence: **wrapped around her finger / under the weather.**

C. Correct the error

9. I relate with that problem.
10. She made true her dream.
11. He won't stop to text me.
12. Let's switch up it today.

SECTION 08

Answer key

Check each answer and return to the Language Lab when a form or distinction is still unclear.

1. 1. that
2. 2. to
3. 3. calling
4. 4. true
5. 5. switch it up
6. 6. stop to call
7. 7. Say the train is late
8. 8. wrapped around her finger
9. 9. I relate to that problem
10. 10. She made her dream come true
11. 11. He won't stop texting me
12. 12. Let's switch it up today

Review again

Cover the answers and repeat the activities after a few days. A delayed second attempt is a better test of learning than immediate rereading.

SECTION 09

Complete 24-card library

Use this compact summary for quick revision or return to the video cue when you want to hear a point again.

Vocabulary / 4 cards

VOCABULARY / VIDEO 0:20

Move it: directional particles

Move it up, down, left or right combines a general verb with direction words. The pronoun it refers to an understood thing, idea or action shaped by the performance.

VOCABULARY / VIDEO 0:32

Relate to vs relate something to

Relate to something means understand or identify with it. Relate one thing to another means connect them: I can't relate to that feeling; the report relates cost to demand.

VOCABULARY / VIDEO 0:54

Perfume as a verb

Perfume can be a noun or a verb. To perfume something means give it a pleasant smell, although scent is often more natural in everyday modern English.

VOCABULARY / VIDEO 1:32

Honey bee as affectionate imagery

Honey and honey bee can work as affectionate names. The bee image also connects sweetness with attraction, but it is playful language rather than a neutral term for every relationship.

Grammar / 10 cards

GRAMMAR / VIDEO 0:10

Now he's thinking: a temporary repeated situation

The present continuous can describe a developing or temporary repeated situation, not only this exact second. Every night later supplies the repeated time frame.

GRAMMAR / VIDEO 0:12

Is it that sweet? Degree with that

In informal English, that can mean to that degree: Is it that difficult? It wasn't that expensive. The question tests the intensity of an adjective.

GRAMMAR / VIDEO 0:26

Say ...: imagine a situation

At the start of an example, say can mean suppose: Say you miss the train - what would you do? This conversational use introduces a hypothetical situation.

GRAMMAR / VIDEO 0:42

I've got: present possession

I've got this one boy is informal present possession, equivalent to I have. Do not confuse have got with a finished past action.

GRAMMAR / VIDEO 0:44

Won't stop + -ing

Stop followed by an -ing form means end an activity: won't stop calling. Stop to call would mean pause another activity in order to make a call.

GRAMMAR / VIDEO 0:52

Walked in and a dream came true

Two coordinated past-simple events move the mini-story forward. Come true is an intransitive expression: a dream comes true; a person makes a dream come true.

GRAMMAR / VIDEO 1:06

Every night with the present continuous

Every night usually appears with the present simple for a stable habit. Here the present continuous frames the repeated thinking as a current, emotionally charged phase.

GRAMMAR / VIDEO 1:10

Can't sleep 'cause: reason in informal speech

'Cause is an informal spoken reduction of because. It introduces the reason for not sleeping; restore because in formal writing.

GRAMMAR / VIDEO 1:20

A reason clause with because

The shortened because-clause explains why the speaker is working late. A reason clause can come after the main clause or first with a comma: Because I'm a singer, I work late.

GRAMMAR / VIDEO 2:00

That sweet: degree language returns

The repeated question again uses that to mean to that degree. This conversational pattern transfers easily: Is it that urgent? It was not that difficult.

Idioms / 3 cards

IDIOM / VIDEO 0:36

A deliberately vulgar wordplay

The line about having no concern left uses a vulgar plural noun and the image of being on vacation. It is comic and defiant, but unsuitable for polite, professional or classroom-neutral speech.

IDIOM / VIDEO 1:16

Switch it up

Switch it up means change what you are doing to create variety or a new effect. It is informal and often used for routines, tactics, music or style.

IDIOM / VIDEO 1:26

Wrapped around your finger

Have someone wrapped around your finger means have strong influence or control over them, often because they are emotionally attached to you.

Culture / 5 cards

CULTURE / VIDEO 0:16

Espresso as a playful metaphor

Espresso is a small, concentrated coffee. The song turns its stimulating effect into a flirtatious metaphor: the speaker presents herself as the reason another person stays awake and energised.

CULTURE / VIDEO 0:24

Switch it up like Nintendo

Switch it up means change the pattern or approach. Nintendo Switch makes the line a brand-name pun: the verb switch and the console name carry both meanings at once.

CULTURE / VIDEO 1:00

Morning coffee: the metaphor continues

Brewing coffee for someone is an everyday act of care. Within the song's central metaphor, the image also reinforces wakefulness, attraction and the espresso persona.

CULTURE / VIDEO 2:36

Nintendo wordplay on the return

When the Switch reference returns, both meanings remain active: changing the pattern and naming the console. A successful pun makes two interpretations available at once.

CULTURE / VIDEO 2:48

The title card closes the coffee metaphor

The final title image brings the extended metaphor back into focus: energy, sleeplessness and attraction are packaged as an espresso persona.

Pronunciation / 2 cards

PHONETICS / VIDEO 0:48

Too bad: stress carries the attitude

Too bad can express sympathy or, with different stress and tone, dismissiveness. The performance uses strong rhythm and attitude; a neutral spoken version may sound very different.

PHONETICS / VIDEO 2:20

Fast refrain: recover the full forms

At the later refrain, mentally expand reduced forms such as cause and informal contractions. Recognition comes before imitation; formal writing restores the complete forms.

Keep learning

[Return to the synced learning experience.](#)