Lose Yourself
Eminem

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
His palms are sweaty, knees weak, arms are heavy
There’s vomit on his sweater already, mom’s spaghetti
He’s nervous, but on the surface he looks calm and ready
To drop bombs, but he keeps on forgettin’
What he wrote down, the whole crowd goes so loud
He opens his mouth, but the words won’t come out
He’s chokin’, how, everybody’s jokin’ now
The clocks run out, times up, over, blew!

Snap back to reality, oh there goes gravity
Oh, there goes Rabbit, he choked
He’s so mad, but he won’t give up that easy? No
He won’t have it, he knows his whole back to these ropes
It don’t matter, he’s dope, he knows that, but he’s broke
He’s so stagnant he knows, when he goes back to his mobile home, that’s when its
Back to the lab again yo, this whole rhapsody
He better go capture this moment and hope it don’t pass him

You better lose yourself in the music, the moment
You own it, you better never let it go
You only get one shot, do not miss your chance to blow
This opportunity comes once in a lifetime you better

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Discuss with a partner:

1. What does it mean to “choke”? (idiom)
2. Do you understand the Rabbit allusion? (allusion)
3. What does it mean to have your back against the ropes? (allusion, idiom)
4. What does the word “rhapsody” mean? (vocabulary)
5. Can you explain which lines help you figure out the theme? (theme)