Englist.me

Vocabulary Builder Reference from...

Chinyanta Kabaso: The dazzling diversity of African dance -- in 14 moves | TED Talk https://www.ted.com/talks/chinyanta_kabaso_the_daz zling_diversity_of_african_dance_in_14_moves



All Words

IMPORTANT

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Session 1: Word List

rhythmic

adj. having a pattern of regular beats or a regular beat; characterized by rhythm

synonym: measured, metrical, cadenced

(1) a **rhythmic** stroking, (2) in a **rhythmic** pace The **rhythmic** sound of the drums was mesmerizing.

continent

one of the earth's large landmasses; (adjective)
 abstaining from your feelings, especially your desire to have sex

synonym: landmass, (adjective) chaste, (adjective) pure

(1) the inland of a **continent**, (2) **continent** urinary diversion Flight across the **continent** was a daring adventure in its day.

diversity

n. the quality or fact of many different types of things or people being included in something; a range of different things or people

synonym: variety, multiplicity, variousness

(1) the **diversity** policy of the university, (2) lingual **diversity** He was impressed by the range and **diversity** of the collection.

diverse

adj. including numerous categories of individuals or entities; various

synonym: manifold, various, myriad

(1) **diverse** backgrounds, (2) a person of **diverse** talents New York is a city with a **diverse** ethnic population.

diamond

 a precious stone made from pure carbon, typically transparent and colorless but possibly tinted in various colors; a shape or arrangement resembling the geometric form of a diamond

synonym: gemstone, jewel, precious stone

(1) diamond ring, (2) diamond necklace

The engagement ring was adorned with a large, sparkling diamond.

cobalt

n. a lustrous, hard, silver-white element with the symbol Co that is often used in alloys, batteries, and pigments and is essential for certain biological processes in humans and other organisms

synonym: Co

(1) cobalt steel, (2) cobalt blue

The blades of gas turbine engines are often coated with a **cobalt** layer to improve their durability.

countless

adj. too numerous to be counted or very many *synonym*: innumerable, myriad, numerous

(1) **countless** hours, (2) answer **countless** questions There are **countless** methods for dealing with stress.

fascinating

adj. extremely interesting synonym: alluring, intriguing, captivating

(1) **fascinating** story, (2) completely **fascinating** to me The museum houses a **fascinating** collection of Celtic artifacts.

core

n. the most essential or fundamental part of something synonym: center, basis, heart

(1) the **core** of an apple, (2) **core** business activity

These gas nebulas are merely newborn galactic cores.

tradition

 a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

synonym: custom, practice, ritual

(1) a **tradition** of a culture, (2) against **tradition** It is a **tradition** in many families to have a big Thanksgiving dinner with all their relatives.

ceremony

- n. a formal event or ritual, often religious or solemnsynonym: ritual, rite, observance
- (1) **ceremony** hall, (2) **ceremony** location

 The wedding **ceremony** was a beautiful and emotional event.

celebrate

v. to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

synonym: praise, glorify, honor

(1) **celebrate** his election, (2) **celebrate** Christmas He **celebrated** the 10th anniversary of his tenure.

visual

adj. relating to seeing or sightsynonym: optical, graphical, visible

(1) **visual** navigation, (2) field of **visual** arts
The building makes a remarkable **visual** impact.

migration

 the movement of animals to a new location, frequently as the seasons change

synonym: exodus

(1) the **migration** of birds, (2) overseas **migration**There was a **migration** of impoverished farmers into the towns.

movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively synonym: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

trace

- v. to find or discover someone or something that was lost synonym: seek, follow, depict
- (1) **trace** a telephone call, (2) **trace** back to medieval times Let's **trace** the origins of some familiar foreign words.

kingdom

n. the country ruled by a king or queen

synonym: empire, realm, land

(1) establish his **kingdom**, (2) a subordinate **kingdom**By remaining neutral, this **kingdom** continued to exist.

mighty

adj. very large, powerful, or strongsynonym: potent, powerful, robust

(1) **mighty** works, (2) struck a **mighty** blow Only the **mighty** God has the power to brighten this dark land.

warrior

 a person who engaged in or experienced warfare, especially in the past

synonym: fighter, soldier, combatant

(1) armored warrior, (2) warrior spirit

The poem depicts the heroics of a legendary warrior.

fierce

- adj. severe and violent in a way that is frightening synonym: ferocious, convulsive, forceful
- (1) **fierce** competition, (2) a **fierce** animal The **fierce** thunders echoed across the plain.

brutal

adj. harsh or cruel

synonym: harsh, cruel, barbarous

(1) brutal bully, (2) brutal honesty

The **brutal** attack left the victim with serious injuries.

proceed

v. to move forward or to continue with a process or action; to advance or progress

synonym: advance, progress, move ahead

(1) **proceed** with caution, (2) **proceed** to the next step We can now **proceed** with the next item on our agenda.

outward

adj. relating to the external appearance or surface of something; visible

synonym: external, surface, exterior

(1) an **outward** journey, (2) **outward** cheerfulness

The **outward** appearance of the building was impressive, but the inside was in dire need of repairs.

essentially

adv. relating to the essential features or concepts of anything *synonym*: fundamentally, basically, virtually

(1) **essentially** correct, (2) become **essentially** same **Essentially**, a society is an organism.

cousin

n. the child of your aunt or uncle

synonym: relative

(1) cross- **cousin** marriage, (2) **cousin's** family I used to play with my younger male **cousins** when I was a little girl.

ethnic

adj. relating or belonging to a group of people who share a cultural tradition

synonym: racial, ethnical, tribal

(1) **ethnic** minority, (2) single **ethnic** group Each **ethnic** group has its unique rituals.

fertility

n. the state or quality of being able to produce babies, young animals, fruit, or new plants

synonym: richness, pregnancy, productivity

(1) soil **fertility**, (2) **fertility** above replacement

The sperm count is used as an indicator of male fertility.

liberate

to set free; to release or rescue from captivity or oppression

synonym: emancipate, release, set free

(1) **liberate** people from oppression, (2) **liberate** potential The prisoners were **liberated** after the war ended.

waist

 the part of the human body between the ribs and hips or the corresponding part in other animals

synonym: midriff, torso, abdomen

(1) waist measurement, (2) a slim waist

She cinched her dress at the **waist** to accentuate her hourglass figure.

controversy

 a lot of discussion and argument about something, often involving strong feelings of anger or disapproval

synonym: disagreement, dispute, argument

(1) **controversy** among researchers, (2) arouse **controversy**

They entered into **controversy** with the member of the ruling party.

adopt

v. to choose to follow something; to legally take a child from another family and care for them as if they were one's own

synonym: accept, assume, take on

(1) adopt a child, (2) adopt a bill

The national assembly has **adopted** the budget.

conservative

adj. holding traditional views and values and opposed to change or innovation

synonym: traditional, reactionary, cautious

(1) a **conservative** society, (2) **conservative** about production

He always makes a **conservative** estimation when predicting future sales.

mindset

 the established set of attitudes or fixed ideas held by someone

synonym: attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

descendant

- n. children or offspring of a specific person, plant, or animal synonym: child, offspring, heir
- (1) **descendant** of a pioneer, (2) third-generation **descendant**

Those warriors' **descendants** are still skilled archers.

normally

adv. usually; under normal conditionssynonym: commonly, generally, naturally

(1) complete **normally**, (2) not **normally** drink much I don't **normally** take a vacation in the middle of summer.

showcase

 a display or exhibition of something, typically as a way of promoting it

synonym: exhibit, display, presentation

(1) museum **showcase**, (2) **showcase** of innovation The museum's new exhibition is a **showcase** of contemporary art.

supposedly

 adv. according to what is generally assumed or believed without actually knowing for sure

synonym: seemingly, allegedly, purportedly

(1) **supposedly** identical, (2) neckless **supposedly** made of pure gold

He is **supposedly** nominated for a Nobel Prize.

imitate

v. to copy the speech, behavior, appearance, etc. of someone or something

synonym: mimic, emulate, replicate

(1) **imitate** painting styles, (2) **imitate** animal sounds He **imitated** the modus operandi of the famous phantom thief.

rattlesnake

 a venomous snake with a distinctive rattle at the end of its tail, found in the Americas

synonym: rattler, viper, cobra

(1) rattlesnake bite, (2) rattlesnake venom

Hikers are warned to watch out for **rattlesnakes** on the trail during the summer months.

resemble

- v. to look like or be similar to someone or something synonym: look like, be similar to
- (1) **resemble** each other, (2) **resemble** her mother The brothers **resemble** each other in the hobby.

rhythm

 a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing

synonym: beat, cadence, tempo

(1) in samba **rhythm**, (2) irregular heart **rhythm** He beat out a jazz **rhythm** on the cajones.

separate

- v. to force, take, or pull apart; mark as different synonym: disunite, isolate, ramify
- (1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

oversea

adj. situated or operating beyond national boundaries; in, from, or to foreign countries

synonym: foreign, abroad, international

(1) oversea shipments, (2) for oversea use

The company enhanced **oversea** operations to tap into new markets.

distinction

- n. a difference or contrast between similar things or people synonym: eminence, noteworthiness, excellence
- (1) important distinction,(2) draw a distinctionI can't see any distinction between these two concepts.

restriction

 a limitation or constraint placed on something, or the act of limiting or constraining something

synonym: limitation, constraint, control

- (1) nutritional **restriction**, (2) **restriction** on trade

 The **restriction** on travel during the pandemic made it difficult for people to see their loved ones.
- n. a female sheep, especially a fully grown one
- (1) a fulsome **ewe**, (2) the **ewe** lambed One **ewe** has dropped twins.

uplift

ewe

 the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

synonym: upthrust, upheaval, (verb) raise

(1) **uplift** mountains, (2) **uplift** my spirit

The **uplift** in the stock market has been a relief to investors.

tale

 a story made up in someone's imagination, especially one full of action and adventure

synonym: canard, fiction, fable

(1) a fairy tale, (2) tale of horror

Ghosts in folk tales are almost always malicious.

struggle

 to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not struggle against temptation.

apartheid

n. a system of racial segregation and discrimination that was enforced in South Africa from 1948 to 1994; any similar system of discrimination or segregation based on race, ethnicity, or other factors

synonym: segregation, discrimination, oppression

(1) apartheid system, (2) apartheid policies

The South African government enforced **apartheid** laws that segregated people based on race.

miner

n. a person who works in a mine (= excavation in the Earth from which ores and minerals are extracted), especially one who extracts coal, minerals, or precious metals from the Earth

synonym: digger, excavator, miner

(1) miner strike, (2) miner industry

The coal **miner** worked tirelessly to extract valuable minerals from deep underground.

communicate

 to share or exchange information with others by speaking, writing, moving your body, or using other signals

synonym: convey, share, transmit

- (1) **communicate** his anxieties to the psychiatrist,
- (2) communicate well with my advisor

Dolphins use sound to **communicate** with each other.

economy

n. the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

synonym: finance, trade, business

(1) **economy** of scale, (2) **economy** class

The **economy** of the country is struggling due to the recent political instability.

plea

 an appeal or request, especially for help or understanding; a legal excuse or defense; an earnest entreaty or supplication

synonym: petition, appeal, entreaty

(1) plea bargaining, (2) emotional plea

The defendant entered a **plea** of not guilty during his trial.

overcome

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

synonym: beat, confound, overwhelm

(1) **overcome** opponents, (2) **overcome** all difficulties He tried to **overcome** a bad reputation and win the election.

embody

 to represent or exemplify something; to give tangible form to an abstract idea

synonym: represent, exemplify, personify

(1) **embody** my goal, (2) **embody** a spirit of charity The company's new products **embody** the values of innovation and sustainability.

modern

adj. of or belonging to the present time or recent times *synonym*: contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society Their headquarters are in a **modern** skyscraper.

fusion

the process of combining two or more things to form a single entity

synonym: merger, consolidation, amalgamation

(1) heat **fusion**, (2) **fusion** cuisine Nuclear **fusion** is a process in which atomic nuclei combine to form heavier nuclei.

appreciate

- v. to value and acknowledge the worth of someone or something; to be grateful for something or someone
 synonym: acknowledge, admire, enjoy
- (1) appreciate her feedback, (2) appreciate the value

We would appreciate an early reply.

heritage

 the culture and traditions that are passed down from previous generations

synonym: legacy, tradition, inheritance

(1) heritage site, (2) historical heritage

The **heritage** of the city is reflected in its architecture.

electron

- n. a tiny particle with the negative electrical chargesynonym: negatron
- (1) flow of electrons,(2) beam of electronsThe outermost electron shell determines the chemical properties of an atom.

Session 2: Spelling

1. ov____me opponents

2. mi__r industry

3. a person of di___e talents

4. ov____a shipments

5. tr_e a telephone call

6. third-generation des____nt

7. an ou____d journey

8. mo___n poetry

9. ec___y class

- to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
- n. a person who works in a mine (= excavation in the Earth from which ores and minerals are extracted), especially one who extracts coal, minerals, or precious metals from the Earth

adj. including numerous categories of individuals or entities; various

adj. situated or operating beyond national boundaries; in, from, or to foreign countries

v. to find or discover someone or something that was lost

n. children or offspring of a specific person, plant, or animal

adj. relating to the external appearance or surface of something; visible

adj. of or belonging to the present time or recent times

n. the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

ANSWERS: 1. overcome, 2. miner, 3. diverse, 4. oversea, 5. trace, 6. descendant, 7. outward, 8. modern, 9. economy

ANSWERS: 10. tradition, 11. normally, 12. ceremony, 13. diamond, 14. conservative, 15. miner, 16. movement, 17. resemble, 18. rhythm

are used in music, poetry, and dancing

ANSWERS: 19. migration, 20. liberate, 21. rattlesnake, 22. apartheid, 23. fusion, 24. oversea, 25. struggle, 26. fertility, 27. rhythm

are used in music, poetry, and dancing

ANSWERS: 28. conservative, 29. kingdom, 30. visual, 31. adopt, 32. waist, 33. imitate, 34. proceed, 35. continent, 36. fertility, 37. brutal, 38. diversity

or people

types of things or people being included in something; a range of different things

39.	tasng story	adj.	extremely interesting
40.	oud cheerfulness	adj.	relating to the external appearance or surface of something; visible
41.	lite potential	<i>v</i> .	to set free; to release or rescue from captivity or oppression
42.	draw a dison	n.	a difference or contrast between similar things or people
43.	the e_e lambed	n.	a female sheep, especially a fully grown one
44.	appte the value	ν.	to value and acknowledge the worth of someone or something; to be grateful for something or someone
45.	appte her feedback	<i>v</i> .	to value and acknowledge the worth of someone or something; to be grateful for something or someone
46.	cete Christmas	<i>v</i> .	to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
47.	museum shse	n.	a display or exhibition of something, typically as a way of promoting it
48.	a fie animal	adj.	severe and violent in a way that is frightening
49.	completely fasng to me	adj.	extremely interesting
50.	ecy of scale	n.	the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these

ANSWERS: 39. fascinating, 40. outward, 41. liberate, 42. distinction, 43. ewe, 44. appreciate, 45. appreciate, 46. celebrate, 47. showcase, 48. fierce, 49. fascinating, 50. economy

activities; (of an airline) the

seating in commercial travel

lowest-priced, most basic option for

51.	wat measurement	n.	the part of the human body between the ribs and hips or the corresponding part in other animals
52.	shse of innovation	n.	a display or exhibition of something, typically as a way of promoting it
53.	desnt of a pioneer	n.	children or offspring of a specific person, plant, or animal
54.	complete noly	adv.	usually; under normal conditions
55.	etc minority	adj.	relating or belonging to a group of people who share a cultural tradition
56.	con's family	n.	the child of your aunt or uncle
57.	brI bully	adj.	harsh or cruel
58.	cot steel	n.	a lustrous, hard, silver-white element with the symbol Co that is often used in alloys, batteries, and pigments and is essential for certain biological processes in humans and other organisms
59.	against tron	n.	a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
60.	in a rhic pace	adj.	having a pattern of regular beats or a regular beat; characterized by rhythm
61.	answer coss questions	adj.	too numerous to be counted or very many
62.	cross-con marriage	n.	the child of your aunt or uncle

ANSWERS: 51. waist, 52. showcase, 53. descendant, 54. normally, 55. ethnic, 56. cousin, 57. brutal, 58. cobalt, 59. tradition, 60. rhythmic, 61. countless, 62. cousin

ANSWERS: 63. overcome, 64. proceed, 65. countless, 66. embody, 67. rhythmic, 68. heritage, 69. ethnic, 70. restriction, 71. supposedly, 72. tale, 73. diversity

or people

in something; a range of different things

74.	ratke venom	n.	a venomous snake with a distinctive rattle at the end of its tail, found in the Americas
75.	cont urinary diversion	n.	one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex
76.	essly correct	adv.	relating to the essential features or concepts of anything
77.	war spirit	n.	a person who engaged in or experienced warfare, especially in the past
78.	a subordinate kim	n.	the country ruled by a king or queen
79.	ce business activity	n.	the most essential or fundamental part of something
80.	flow of elons	n.	a tiny particle with the negative electrical charge
81.	sete cream from milk	<i>v</i> .	to force, take, or pull apart; mark as different
82.	stle against discrimination	<i>v</i> .	to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
83.	the ce of an apple	n.	the most essential or fundamental part of something
84.	pa bargaining	n.	an appeal or request, especially for help or understanding; a legal excuse or defense; an earnest entreaty or supplication

ANSWERS: 74. rattlesnake, 75. continent, 76. essentially, 77. warrior, 78. kingdom, 79. core, 80. electron, 81. separate, 82. struggle, 83. core, 84. plea

other factors

South Africa from 1948 to 1994; any similar system of discrimination or

segregation based on race, ethnicity, or

ANSWERS: 85. diamond, 86. movement, 87. supposedly, 88. trace, 89. modern, 90. mighty, 91. resemble, 92. communicate, 93. fusion, 94. mighty, 95. apartheid

ANSWERS: 96. controversy, 97. tale, 98. uplift, 99. adopt, 100. mindset, 101. communicate, 102. plea, 103. fierce, 104. electron, 105. essentially, 106. embody

ν.

106. em y a spirit of charity

to represent or exemplify something; to

give tangible form to an abstract idea

ANSWERS: 107. warrior, 108. imitate, 109. uplift, 110. cobalt, 111. heritage, 112. controversy, 113. visual, 114. celebrate, 115. separate, 116. migration

change

117. nutritional reson	n.	a limitation or constraint placed on something, or the act of limiting or constraining something
118. flexible mit	n.	the established set of attitudes or fixed ideas held by someone
119. ceny hall	n.	a formal event or ritual, often religious or solemn
120. die backgrounds	adj.	including numerous categories of individuals or entities; various
121. a fulsome e_e	n.	a female sheep, especially a fully grown one
122. important dison	n.	a difference or contrast between similar things or people

ANSWERS: 117. restriction, 118. mindset, 119. ceremony, 120. diverse, 121. ewe, 122. distinction

Session 3: Fill in the Blanks

1.	The sperm count is used as an indicator of male
n.	the state or quality of being able to produce babies, young animals, fruit, or new plants
2.	We need to the aspect of his personality from the part of his competence when making an investment decision.
v.	to force, take, or pull apart; mark as different
3.	The of the city is reflected in its architecture.
n.	the culture and traditions that are passed down from previous generations
4.	Countries whose goal is economic development often focus on fostering an entrepreneurial in each individual.
n.	the established set of attitudes or fixed ideas held by someone
5.	Dolphins use sound to with each other.
<i>v</i> .	to share or exchange information with others by speaking, writing, moving your body, or using other signals
6.	The company's new products the values of innovation and sustainability.
ν.	to represent or exemplify something; to give tangible form to an abstract idea
7.	Each group has its unique rituals.
adj	relating or belonging to a group of people who share a cultural tradition
8.	He tried to a bad reputation and win the election.
<i>v</i> .	to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
	SWERS: 1. fertility, 2. separate, 3. heritage, 4. mindset, 5. communicate, 6. body, 7. ethnic, 8. overcome

25. The engagement ring was adorned with a large, sparkling
n. a precious stone made from pure carbon, typically transparent and colorless but possibly tinted in various colors; a shape or arrangement resembling the geometric form of a diamond
26. There are methods for dealing with stress.
adj. too numerous to be counted or very many
27. The brothers each other in the hobby.
v. to look like or be similar to someone or something
28 a society is an organism.
adv. relating to the essential features or concepts of anything
29. One has dropped twins.
n. a female sheep, especially a fully grown one
30. The of the dancers on stage was graceful and elegant.
 a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
31. The on travel during the pandemic made it difficult for people to see their loved ones.
n. a limitation or constraint placed on something, or the act of limiting or constraining something
32. There was a of impoverished farmers into the towns.
n. the movement of animals to a new location, frequently as the seasons change
ANSWERS: 25. diamond, 26. countless, 27. resemble, 28. Essentially, 29. ewe, 30. movement, 31. restriction, 32. migration

Vocab-Builder Ref from "Chinyanta Kabaso: The dazzling diversity of African dance in 14 moves TED Talk" (61 words)
41. Hikers are warned to watch out for on the trail during the summer months.
 a venomous snake with a distinctive rattle at the end of its tail, found in the Americas
42. The museum's new exhibition is a of contemporary art.
n. a display or exhibition of something, typically as a way of promoting it
43. The company enhanced operations to tap into new markets.
adj. situated or operating beyond national boundaries; in, from, or to foreign countries
44. The national assembly has the budget.
v. to choose to follow something; to legally take a child from another family and care for them as if they were one's own
45. We can now with the next item on our agenda.
v. to move forward or to continue with a process or action; to advance or progress
46. It is a in many families to have a big Thanksgiving dinner with all their relatives.
 a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
47. Let's the origins of some familiar foreign words.
v. to find or discover someone or something that was lost
48. I used to play with my younger male when I was a little girl.
n. the child of your aunt or uncle
ANSWERS: 41. rattlesnakes, 42. showcase, 43. oversea, 44. adopted, 45. proceed, 46. tradition, 47. trace, 48. cousins

ANSWERS: 58. conservative, 59. brutal, 60. plea, 61. tales