Spanish Tongue Twisters: 20+ Trabalenguas from Easy to Hard

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Quick answer: A tongue twister in Spanish is a **trabalenguas**. The most famous one is *"Tres tristes tigres tragaban trigo en un trigal"* – "Three sad tigers swallowed wheat in a wheat field." Below are 20+ Spanish tongue twisters for beginners, intermediate and advanced learners, each with an English translation and the sound it trains.

Tongue twisters are more than a party game. They train the sounds English speakers find hardest in Spanish: the rolled **rr**, the tapped **r**, the soft **d**, the **ñ** and pure vowels. Say each one slowly first, then speed up.

Easy Spanish tongue twisters (beginners)

Trabalenguas	English	Practices
Tres tristes tigres tragaban trigo en un trigal.	Three sad tigers swallowed wheat in a wheat field.	tr, tapped r
Pablito clavó un clavito. ¿Qué clavito clavó Pablito?	Little Pablo nailed a little nail. Which little nail did little Pablo nail?	cl, b/v
Como poco coco como, poco coco compro.	Since I eat little coconut, I buy little coconut.	c, pure “o”
Pepe Pecas pica papas con un pico.	Pepe Pecas chops potatoes with a pick.	p (no puff of air)
Si Sansón no sazona su salsa con sal, le sale sosa.	If Samson doesn’t season his sauce with salt, it comes out bland.	s

Intermediate Spanish tongue twisters

Trabalenguas	English	Practices
Erre con erre cigarro, erre con erre barril. Rápido ruedan los carros cargados de azúcar del ferrocarril.	R with R cigar, R with R barrel. Fast roll the train cars loaded with sugar.	rolled rr
El perro de San Roque no tiene rabo porque Ramón Ramírez se lo ha cortado.	Saint Roque’s dog has no tail because Ramón Ramírez cut it off.	initial r (always rolled)
Cuando cuentes cuentos, cuenta cuántos cuentos cuentas.	When you tell stories, count how many stories you tell.	cu, stress

Trabalenguas	English	Practices
Compadre, cómprame un coco. Compadre, no compro coco, porque como poco coco como, poco coco compro.	Buddy, buy me a coconut. Buddy, I don't buy coconut, because since I eat little coconut, I buy little coconut.	c, rhythm
Ñoño Yáñez come ñame en las mañanas con el niño.	Ñoño Yáñez eats yam in the mornings with the boy.	ñ
Un tigre, dos tigres, tres tigres comen trigo en un trigal.	One tiger, two tigers, three tigers eat wheat in a wheat field.	tr, counting

Hard Spanish tongue twisters (advanced)

- **El cielo está enladrillado. ¿Quién lo desenladrillará? El desenladrillador que lo desenladrille, buen desenladrillador será.**
  The sky is bricked over. Who will un-brick it? Whoever un-bricks it will be a good un-bricker.
- **Me han dicho que has dicho un dicho que han dicho que he dicho yo. El que lo ha dicho mintió, y en caso que hubiese dicho ese dicho que han dicho que he dicho yo, dicho y redicho quedó.**
  They told me you said a saying that they said I said… (a classic for *decir* forms – see our decir conjugation guide).
- **Parra tenía una perra. Guerra tenía una parra. La perra de Parra subió a la parra de Guerra.**
  Parra had a dog. Guerra had a grapevine. Parra's dog climbed Guerra's grapevine. (r vs rr)
- **Treinta y tres tramos de troncos trozaron tres tristes trozadores de troncos.**
  Three sad log cutters cut thirty-three sections of logs.

- **Pancha plancha con cuatro planchas. ¿Con cuántas planchas plancha Pancha?** Pancha irons with four irons. With how many irons does Pancha iron?

Spanish tongue twisters for kids

Short, silly and great for the classroom or car rides:

- **Mi mamá me mima mucho.** – My mom spoils me a lot.
- **Lado, ledo, lido, lodo, ludo. Decirlo al revés lo dudo.** – A playful vowel drill: "… saying it backwards, I doubt I can." (Great for the 5 Spanish vowels.)
- **Pepe puso un peso en el piso del pozo.** – Pepe put a peso on the floor of the well.

Find more in our tongue twisters for kids post and our tips for teaching kids Spanish.

How to practice Spanish tongue twisters

1. **Read it slowly** and understand what it means first.
2. **Break it into chunks** and repeat each chunk 3 times.
3. **Exaggerate the vowels.** Spanish has 5 pure vowel sounds; don't glide them like in English. Our Spanish alphabet sounds guide shows each one.
4. **Record yourself** and compare with a native speaker.
5. **Speed up** only once you can say it cleanly 3 times in a row.

Tips for the rolled R (rr)

- Place the tip of your tongue just behind your upper teeth and let air make it vibrate.
- Start from words like *tres* and *dra*: the d/t gets your tongue in the right spot.
- A single **r** at the start of a word (*Roque, Ramón, rápido*) is always rolled, just like **rr**.

Frequently asked questions

What is a tongue twister called in Spanish?

Un trabalenguas (plural los trabalenguas). Literally, “tongue-locker.”

What is the hardest Spanish tongue twister?

Many people say it’s the desenladrillador twister or the dicho / redicho one, because they combine long words and fast rhythm.

What is the most famous Spanish tongue twister?

“Tres tristes tigres tragaban trigo en un trigal.” Almost every Spanish speaker learns it as a child.

Do tongue twisters help with Spanish pronunciation?

Yes. They train specific sounds (rr, ñ, tr, pure vowels) through repetition, especially when a tutor corrects you in real time.

PRACTICE WITH A TUTOR

Put this into practice in a real conversation

Our native Spanish tutors start at $13 an hour, and you can book your first lesson today.