

# How to Roll Your R's (Spanish Trilled RR)

*A clear, step-by-step pronunciation guide*

## What Does “Rolling Your R” Mean?

In Spanish, the rolled R is a trilled sound created when the tip of your tongue vibrates briefly against the ridge just behind your top teeth. It is not a throat sound and not the English R. It is controlled vibration powered by airflow.

## Anatomy of the Sound

The tongue tip lifts lightly toward the alveolar ridge, the jaw stays relaxed, and steady airflow passes under the tongue. The tongue does not push—it relaxes and vibrates.

## Step 1: Find the Right Tongue Position

Open your mouth slightly. Lift the tip of your tongue and place it just behind your top front teeth. Do not press. If you can say a soft D or T, you are in the right spot.

## Step 2: Turn On the Air (No Voice Yet)

Exhale steadily through your mouth. Keep your throat relaxed and let air pass under the tongue tip. The goal is to make the tongue flutter on its own.

## Step 3: Trigger the Vibration

Combine light tongue contact with steady airflow. If nothing happens, reduce pressure or increase airflow.

## Step 4: Add Your Voice

Once vibration starts, turn on your voice. Practice with RRRRA, RRRRE, RRRRI, RRRRO, RRRRU.

## Step 5: Practice with Words

Start with simple syllables, then move to words like perro, carro, arriba, and ferrocarril.

## Common Problems and Fixes

If your tongue does not move, use more air and less pressure. If it sounds like an English R, move the tongue forward. If you feel it in your throat, reset and relax.

## How Long Does It Take?

Rolling your R is a motor skill. Most learners feel vibration within days and gain control within one to two weeks.

## Practice Tip

Practice away from words first. Train the tongue, then add Spanish.

## Need Extra Help?

Guided practice, visual feedback, or one-on-one coaching can help. Our human coaches are always available for support.