Past Simple Vs. Past Continuous

Past Simple
- One action after another
- Short past finished action
- After + V.
- Like - liked
- Regular: V. + ed
- Irregular: Go - went
- Why did Lucy go there?

Past Continuous
- Interrupted action in the past
- Parallel actions
- Long past finished action
- Positive: Was/were + present participle
- Negative: Wasn't/weren't + present participle
- Question: Was I dancing?

Example sentences:
- I finished homework, went to the gym, and play badminton with my friends.
- He went to the zoo very frequently last year.
- I went to gym yesterday.
- I was studying when she called.
- I was studying while my brother was watching TV.
- I was running along the river.
- Why did Lucy go there?

Useful forms:
- Positive: I was dancing.
- Negative: I was not dancing.
- Question: Was I dancing?