i was not confident and my intonation is so flat

- intonation/ the way in which the level of your voice changes in order to add meaning to what you are saying, for example by going up at the end of a question 语调
 - flat intonation 平淡的语调
- pronunciation/ the way in which a language or a particular word is pronounced 发音
- rhythm/ a regular repeated pattern of sounds or movements 节奏
- melody/ a song or tune 曲调,旋律

it's really idiomatic and precise

• idiomatic/ typical of the natural way in which someone speaks or writes when they are using their own language 地道的

although i didn't elaborate on the input part

- elaborate
 - verb/ to give more details or new information about something 详细 说明 SYN enlarge
 - adjective/ having a lot of small parts or details put together in a complicated way 详尽的 SYN intricate
 - adjective/ carefully planned and organized in great detail 精密的
 SYN complex

you can kind of develop the intuition of language

• intuition/ the ability to understand or know something because of a feeling rather than by considering the facts 直觉 SYN instinct