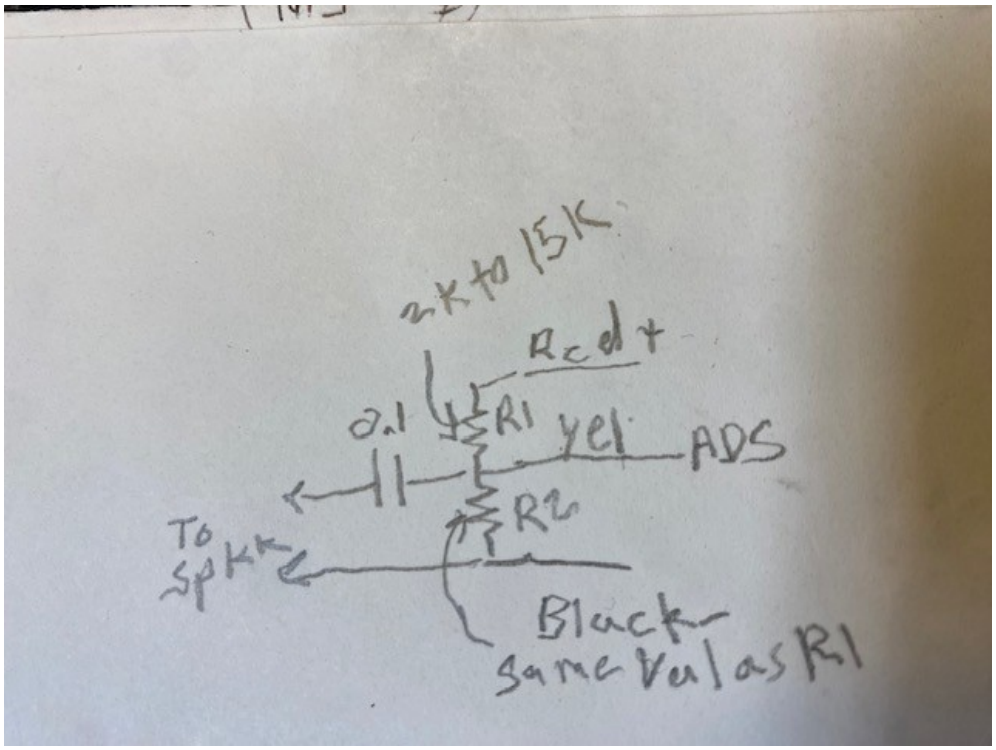
For demos a microphone (like the GY MAX4466 breakout board) can be used. But for serious/daily use, a wired connection tied directly to the receiver is better. The wired connection needs to deliver an audio signal that's in the neighborhood of 1 to 2 Vp-p , and biased at ~1.6Vdc, to the Waveshare ‘sensor AD’ input.

Option A:

Converting from acoustic coupling to a wired connection can be as simple as two equal resistors and a capacitor:

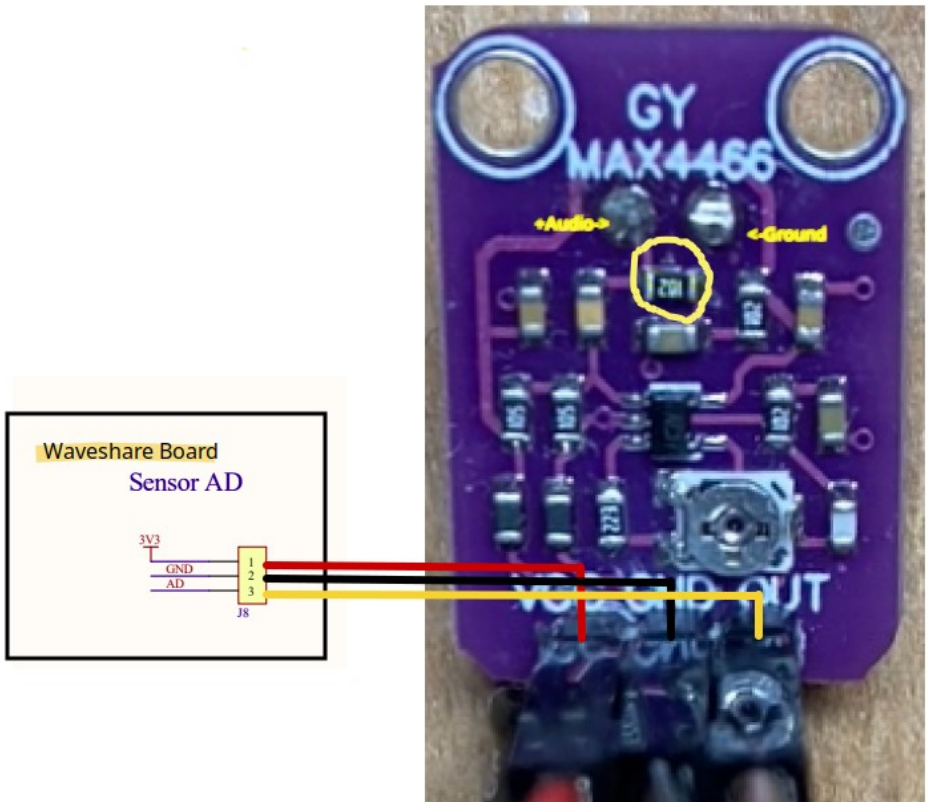


Option B:

A more versatile wired interface can be had using a GY MAX4466 modified, by removing the condenser mic, and the resistor, circled in yellow (See photo below). In the mic’s place, connect your interface cable, as indicated (+Audio & Ground) . This will give you a hardwired connection, with adjustable gain/volume (using the 'pot', just above the 'GND' & 'OUT' terminals)

Note:

Removing the resistor is NOT as hard as it might look/seem. If the tip of your soldering iron is wide enough, touch both sides to the resistor at the same time. It will come right off, with just a 'moments' worth of heat. De-soldering the mic takes working back and forth, between the two solder lands, along with some 'pulling' on the mic to 'walk' it out.


Waveshare Board
Sensor AD
3V3
GND
AD
1
2
3
J8
GY
MAX4466
+Audio->
<-Ground