I don't seem to be watching, but I am.

I wouldn't say I'm watching, but rather I can sense their presence.

Even if they're walking with their head bowed, or looking in the other direction and averting their gaze,

I can tell.

Today has been a whirlwind of that phrase, so it might not be an exaggeration to say "3D copy of ***", but is it really true...?

It's not about the person in question, so please don't take offense.