# Phrasal Verb

* Add up

1.make sense

Eg: This story doesn’t add up, I think you are lying.

* To back (somebody) up

1.give sb support

My parents backed me up when I decided to divorce with him.

I ‘v got your back.—-I will support you.

* Blow up

1.suddenly angry

When he missed the train, I blew up.

* Bring it on

to accept a challenge with confidence

* Bring up

mention

You shouldn’t bring up politics in this house unless you are ready for a long discussion.

* To call off

Cancel

Instead of calling off the wedding, the couple decided to elope. 私奔

* Calm down
* To catch up(on)

to meet with someone you haven’t seen in a while

Wanna meet for coffee and catch up?

* Check in

register for a hotel stay

* Check out

to see or try something

I am excited  to check out the new park in my city.

 Check it out!—look at this!

* To chip in

to help or contribute money or energy

* To close down

close completely or forever

Because of construction they closed down two lanes between two bridge

* To come down with

to become sick

Sorry, I think I’m coming down with a cold/something.

* To come up with

find an idea for something

* cut down/back on

I have to cut down on sth/sth, meaning you use or do less of it

I am trying to cut back.

* Come across

seem/ encounter especially by chance

Fall out

1. Teeth fall out/ teeth drop.  Anesthetic 麻醉药

2. I fell out the college. — didn’t get the grade I needed

3. Fall out Myself and my friend have had a fall out.— we have a disagreement or argument about sth before, basically we not really speak to each other at this moment.

4.fallout核辐射: the consequence of nuclear leaking

Cut out

1. Get rid of / stop/ give up

Lay down

1. Lay down on the sofa

2. The solders lay down their weapons

pull out

1.remove

2. The solders pulled out the area. — leave / withdraw

Retreat—-they are under attack and they need leave

Wash out

1.rinse

2. Washout - fail completely

Spit out

Check up

1.check-up — a medical examination by your doctor or dentist to make sure that there is nothing wrong with your health, just go there for a check

2 find out information about sth

Blow off

1. Ghost , don’t want to see you any more

2. Very jokey sexual way, give a man sexual pleasure with mouth

keep up

1. Continue

2. Catch up

Come back to

1.He can feel the pain again= The pain came back

Check out

Wear/wore off

Not effective any more

cut off

1. End abruptly, usually driving or speaking

He tried to tell the teacher his excuse but she cut him off the mid-sentence

To drop by/in

quick visit

Drop in whenever you want

End up

1. To eventually decide or reach sth

He doesn’t want to end up like his father. Try to run myself as a good person.

Figure out

1. Find the solution

I cannot figure it out, can you pls help me?

fill in

I missed the meeting. Can someone fill me in?

To provide information usually spoken

Fill out

1. Write information on a form

To find out

[1](http://1.to) to learn sth you didn’t know before

To Get along (with)

1. To have a friendly relationship with someone.

I get along with my husband well./ My husband and I get along well.

To get around (to do)

1.One day I will get around to clean the bridge./I’ll get around to that later./ I finally got around to clean the garage.—although you delay it for a long time.

To delay doing sth

To get back at

1. To get revenge on someone

Are you just trying to get back at me for taking your sweater?

to give up

1. Try it a lot but quit

To grow up

To become older

to tell sb to stop acting childish( insult)

To hang on

---to pause a conversation

Can you hang on and I check the messages.

To hang out

To causally spend time with someone

Do you want to come over to my house and hang out?

What did you do this weekend? --Just hung out.

To hold on

1. To cling to sth

I am holding on hope of studying abroad.

1. To pause a conversation

Hold on! I am coming.

To keep on

To continue doing sth

I have to keep on working.

Keep on Keeping on.

To look forward to

To be excited about sth in the future

No one looks forward to tax time.

To look out

To watch out/be careful for sth

When you go hiking, look out the snakes./You need to keep an eye out for snakes.

To look up

To search

To pull over

To steer驾驶 the vehicle to the side of the road and stop

It was raining so hard that I had to pull over and wait for the rain to stop.

I got pulled over (always by police) on my way to the party.

To pull off

To postpone/delay sth

To put up with

To tolerate sth

To run away

To leave or escape

To run into

To meet unexpectedly

I ran into my teacher yesterday.

To run out (of)

To have nothing left

To stick with

To continue doing sth

Good friends stick with each other even through tough time

To think over

To consider sth seriously

To turn down

To refuse sth or sb

I was so full from dinner that I had to turn down dessert.

To turn off

To stop the flow of sth

Some people have trouble turning off their brains before bed.

To turn up

To appear suddenly/expectedly

To warm up to

To start liking someone or sth

It took my cat a while to warm up to me.

To watch out

A caution to be aware

To wear off

To fade away

The energy from my morning tea starts to wear off this afternoon.

To work sth out

To come up with a solution or compromise 妥协

# Most Important idoms

You rock!

=You are great!

Calm before the storm

=a quiet period before chaos

(a bit)Under the weather

=to feel sick

When it rains, it pours

=bad things happen at the same time

Rain or shine

= to do something in any weather

My family likes to go hiking every Friday, rain or shine.

Every cloud has a silver lining

=something good in every bad situation

Lockdown were really tough, but I got to have some quiet family time together, I guess every cloud has a silver lining.

To go with the flow

=go along/adapt/be flexible with whatever happens

Down to earth

=practical, human, relatable(related to us)

Tip of the iceberg

=small part of sth bigger, usually negative

When a parent yells at their child at the park, this is probably just the tip of the iceberg.

Nip something in the bud

=Stop a bad situation from worse by taking quick action

When my 3-year-old son first lied to me, I knew that I needed to nip it in the bud.

It is OK to be upset about sth, but you shouldn’t lash out or blame someone who is not responsible.

Beat around the bush

=speak indirectly without getting to the main point

Stop beating around the bush, just get the point.. Do you want to date me or not?

The best of both worlds

=an ideal situation

Get wind of something

=hear news about sth secret

If the media gets wind of the political scandal, they are going to talk for days.

Plain as day

=obvious to see

It is ~ that she loves you, why don’t you ask her on a date?

Up in the air

=no definite plans 没有明确具体的计划

Call it a day

=stop working on a project for the day

I am so tired, I am ready to ~

GO cold turkey

=suddenly quit a bad habit

If you want to quit smoking, you need to go cold turkey. /just stop!

Go on a wild goose chase

=to do something pointless 无用功

I went on a wild goose chase: I went to four stores to find molasses.

Crying wolf

=to lie many times. So no one believes you

Weather forecasters cry wolf about dangerous hurricanes so many times.

Bring home the bacon

= you are the financial supporters in home

Two peas in a pod

=two people who are a perfect pair

My son and his friend are two peas in a pod when they play together

Butter me up

=flatter someone in order to get sth

Spill the beans

=to tell a secret

Don’t spill the beans till I want to tell others about my pregnancy.

Take it with a grain of salt

=don’t believe sth seriously

~,I am just an amateur gardener.

Spices things up

=make sth more interesting

I try to spice things up, by going for a walk down different road.

Lose you touch

=stop having ability or talent for sth

If you don’t speak English for months, you will lose your touch.

(good) Rule of thumb

=a general rule or guideline

Texting your friend before you visit their house, it’s a good rule of thumb.

By the skin of my teeth

=to just barely make it

You passed by the skin of your teeth. 将将过线

Get sth off your chest

=talk about sth that is bothering you

I need get sth off my chest. I am changing my career.

Put your foot in my mouth

=say sth you shouldn’t have said

Bite the bullet

=stop waiting and do sth difficult

You just have to bite the bullet. Just do it.

Get out of hand

=lose control

Wrap your head around sth

=understand sth complicated

As a high school student, I couldn’t wrap my head around complex with math problems

To play sth by ear---up in the air

=not make definite plans

I want to go hiking tomorrow, but it might rain. Let’s play it by ear.

A blessing in disguise 伪装 ----a silver lining 塞翁失马/因祸得福

=something good that seemed bad at first

Covid lockdowns were kind of a blessing in disguise for some people.

To break the bank

=really expensive (negative)

Learning English on YT doesn’t break the bank.

Give you a run for your money

=to be a challenge

Having a toddler and a newborn is giving me a run for my money..

(it is a challenge)

Up the ante 赌注

=to do or request more than before///raise the bar

Cut someone some slack 宽容一点 be gentle in your judgement

=not judge too harshly

Sorry, I forgot to call you. Please cut me some slack…I haven’t slept in weeks.

Draw a/the line 划清界限

=know the difference between acceptable and not

There are a lot of ways to raise a child but most people draw a line at violence.

Play devil’s advocate 唱反调、抬杠

Ring a bell 耳熟

=sounds familiar, but you don’t know why

Victor Hugo? That name rings a bell. What did he do?

Go the extra mile

=to make an extra effort

Make a long story short

Jump on a bandwagon 随大流

To follow a trend to be like everyone else

WHEN I WAS IN HIGH SCHOOL, GIRLS WERE DYING THEIR HAIR BLONDE, BUT I DIDN’T JUMP ON THAT BANDWAGON.

On the ball---have it together

=very prepared for sth

Although my sink is always messy and full of dishes, I am always on the ball in my professional life.

24/7

=all the time

When you are a parent, you’re busy 24/7.

Easier said than done

Better late than never

So far so good 到目前为止 一切都很好

<https://engoo.com/app/daily-news/article/will-smith-hits-chris-rock-on-stage-at-oscars/mZDpkK7DEeyXw3O8B1O3Yw>

partially：not fully or completely

file:

file my notebook in a order 整理笔记

file the charge 提起诉讼 charge you with the crime

file a police report

file a complaint 提出投诉 register/~~call for ：~~ask others help to involve your complaint/lodge

file for divorce 提出离婚

condone： to accept/argree behavior considered morally wrong

We can’t condone people walking in the street naked.

Diversity

Variety of race, color, nationality, tribes部落，ethnic groups 民族，cultures

Cut off

Interrupt

Academy：A‘cademy

Institution/college

Reference：/ren/

Referencing：/r3n/

alopecia：头秃 hair fall out

reveal 发音 not /vju:/ but /vi:l/嘴巴要圆润的从vi：拉伸到l

Navy seal 海豹特遣队

Play navy seal candidate： she plays the role who has to go through a huge and a lot testing process to show she is qualified and strong enough to be a navy seal.

Expletive: insulting words

swear words 脏话；诅咒

Oaths 誓言

Defend his action

To justify his action /explain why he did this, even though he knew he shouldn’t punch him.

Can you justify your rude and foolish behavior?

Protect yourself from sth happening

Defender 后卫,defend the soccer, to make sure no soccer inside

If you go are going outside in the sun, you should defend yourself by wearing sunlight lotion.

Value diversity

Sth deservers our attention or has higher priority

Freedom of speech

China get restrictions on the internet

<https://engoo.com/app/daily-news/article/disney-unveils-a-galaxy-of-new-series-and-films/daNJQECPEeuH2dv8XSxCwg>

**Disney Unveils a Galaxy of New Series and Films**

Unveil ： remove the veil from/ make visible or bring out reveal /remove the cover from

Unveil new policy/plan/ statue

Lift the veil---introduce---to show

A galaxy of: 星光熠熠

Spinoff： 衍生物（get authority） fanfiction：ao3

Prequel: happen before the time point 前传

Sequel：后传

Debut：appear or perform publicly for the first time/ premiere 首映

Backlash： 抵制 rebound/ a wave of anger against bad behavior

Offering： give with positive emotion /give sb sth with love

Launch /o:/ longer deeper rounder.

Lunch /A/

Shoes/shows /u:/ /ou/

presented a vast selection of remakes, sequels and spinoffs

show/ introduce/place

sneeze at: neglect/dispise/look down on

box office 票房

They have risen from …. To..

Rising intonation 升调

Catenation 连读

Consonant 辅音 /l/

Arcane: League of Legends：visually stunning

Interstellar

## Lisse, Netherlands

The [Netherlands](https://www.nationalgeographic.com/travel/destination/netherlands) produces nearly 90 percent of the world’s tulips, making it the ultimate destination for a quintessential spring experience. Cycle along the 25-mile [Bollenstreek Route](https://www.anwb.nl/eropuit/dagje-uit/autoroute/routes/anwb-bollenstreekroute) (also known as the Bloeman Route, or Flower Route), where flower fields paint the countryside in dazzling color. Travelers can also visit [Keukenhof Gardens](https://keukenhof.nl/en/?gclid=CjwKCAjwloCSBhAeEiwA3hVo_fcaxjLDqzkmX3EzNiKFUcu5euzBrKsR2hml6KRhZOwN6mmgSFo80hoCW4IQAvD_BwE), a 79-acre stretch located 16 miles southwest of [Amsterdam](https://www.nationalgeographic.com/travel/destination/amsterdam). Considered the world’s largest flower garden, Keukenhof features seven million tulips, daffodils, and hyacinths in bloom from March to May.