

a barrage of [s]: una lluvia de (fig: insultos, preguntas al mismo tiempo) | *The suspect endured a barrage of questions during the investigation.*

a fit of [s]: ataque, arranque | *My boss flew into a fit of rage when he didn't get the report on time.*

accolade [s]: premio, mayor signo de elogio | *The director won a special accolade for his achievements in film.*

acrid [adj]: acre, áspero y picante al gusto/olfato | *Acrid smoke poured from the windows of the burning factory.*

act on a tip-off [phrase/idiom]: actuar tras aviso | *The police, acting on a tip-off, arrested the thieves as they left the building.*

act your age [phrase/idiom]: comportarte conforme a tu edad

acumen [s]: perspicacia, agudeza, visión | *Though obviously talented, I feel he lacks business acumen.*

allay [v]: aliviar, apaciguar | *What can we tell them to allay their fears about the operation?*

ally [s]: aliado | *Laura can be relied on as our ally.*

assertion [s]: afirmación; reivindicación | *You make an assertion but provide. Their assertion of your rights is based on the constitution.*

auburn [adj]: castaño rojizo (pelo) | *The little girl with auburn curls is Abigail. The girl with the auburn hair is very attractive.*

awaken [v]: despertar, despertarse; despertar (fig: interés, emociones) | *Her stories awakened memories of my childhood. When you awaken, reflect on what you want.*

backwater [s]: remanso, páramo | *As a child living in an Australian backwater, I dreamed of visiting a big city.*

balance the books [v]: cuadrar las cuentas | *We have set ourselves clear objectives and want to balance the books.*

based on fact [phrase/idiom]: basado en hechos | *If those fears are based on fact, we can deal with them by information and participation.*

be dab hand at [v]: tener maña para | *I am dab hand at painting.*

be pressed for time [v]: estar con prisas, estar presionado por el tiempo | *I'd love to stop and talk, but I'm pressed for time.*

bed [s]: base, capa | *The salad was served on a bed of lettuce. The road was made of tar and stones on a bed of gravel.*

beef up [v]: fortalecer; fortalecerse, echar músculos (inf) | *The coach him to beef up in the gym. They need to beef up their finances.*

behind one's back [v]: a espaldas de | *She often told lies about him behind his back.*

belittle [v]: minimizar, menospreciar, subestimar, restar importancia | *He belittled the budget shortfall as if it didn't matter.*

beloved [adj]: amado, querido | *Daphne's uncaring husband showed no sympathy when her beloved cat died.*

berserk [adj]: enloquecido, furioso | *A berserk driver rammed his car into a storefront.*

blare [v]: sonar fuerte (sonido) | *Music blared from a passing car.*

blatant [adj]: descarado, desvergonzado | *His blatant disregard for authority got him in serious trouble.*

blatantly [adv]: descaradamente, abiertamente | *Steve's mother gets upset when he lies blatantly to her about where he has been.*

blinder [s]: gran partido, victoria brillante | *They played a blinder and secured a convincing victory.*

blissful [adj]: dichoso, feliz | *They were blissful for the first few months of their marriage.*

blockade [s]: bloqueo, asedio | *Workers coordinated a blockade of the port. They agreed to lift a blockade.*

blow a fuse [v]: calentarse, enfadarse

boast about [v]: jactarse de, hacer alarde de, presumir de | *Jillian is boasting about her children again.*

bold [adj]: atrevido | *The bold child loudly contradicted the teacher. It was a bold experiment to ...*

bone idle [adj]: extramadamente vago (inf) | *He does nothing around the house - he's bone idle!*

booming [adj]: floreciente, en auge; resonante | *A booming catering business. The actor is known for his booming voice.*

bottle up [v]: reprimir (emociones) | *It is not emotionally or physically healthy to bottle up one's emotions.*

bottom line [s]: mínimo aceptable; balance (empresa) | *They evaluated the company's positive bottom line. The bottom line is you cannot be late for work.*

boundless [adj]: ilimitado, inagotable | *Childminders need boundless patience.*

brainy [adj]: inteligente, listo (inf) | *Nina is brainy; she comes first in every maths test.*

breach [s]: brecha, fisura; infracción, violación; rompimiento, ruptura | *He was arrested for breach of confidence. The breach in the stone wall. A breach of relations*

breach [v]: romper (regla, contrato) | *The company sued George for breaching the contract.*

broach [v]: traer a colación, sacar, mencionar, abordar (tema) | *It is not a good idea to bring up / broach politics with my family.*

broker [v]: negociar | *The film studio brokered a deal with the agent for a major Hollywood star. (intermediario, agente)*

bubble over [v]: rebsar felicidad; desbordarse, derramarse, salirse | *She was bubbling over with excitement/enthusiasm.*

bubbly [adj]: jovial, lleno de vida; burbujeante, espumoso (bebida) | *Her bubbly personality's just perfect for a salesperson.*

bucket [s]: cubo (líquido) | *Using buckets to make sand castles at the beach is fun.*

bucket down [v]: llover a cántaros | *Don't forget your umbrella - it's bucketing down out there.*

bumper [adj]: inmenso, gigante | *A bumper crop of tomatoes.*

burning [adj]: ardiente, en llamas; ardiente, apasionado (fig) | *He could barely control his burning desire. Fire fighters raced to the burning building.*

burst in [v]: irrumpir (inf)

burst into song [phrase/idiom]: ponerse a cantar, arrancar a cantar | *My father is so musical, he bursts into song in the middle of a conversation.*

bustling [adj]: desbordante, a reventar, lleno | *In Lorchester's bustling centre you can enjoy high-quality urban living.*

but for [adv]: si no hubiera sido por, de no ser por | *We would never have won but for your help.*

by heart [adv]: de memoria | *I learnt the sonnet by heart.*

call a halt [v]: poner fin | *The machine broke, so the foreman called a halt to the work.*

call in the receivers [v]: ir a la bancarrota, pedir el concurso | *We should call in the receivers. (=go bankrupt)*

can't help [v]: no poder evitar | *I can't help wonderING if she really knows what she's doing.*

carelessness [s]: descuido, desatención; despreocupación, irresponsabilidad | *It's because of your carelessness that we have to re-do the project!*

carve out a niche for oneself [v]: hacerse un lugar, encontrar un hueco (fig) | *Strata's product range has carved out a niche for itself in this market.*

cattle [s]: ganado | *The farm next door has cattle, but they don't grow any crops.*

censorship [s]: censura | *He's no longer prepared to tolerate such censorship of his art. They imposed censorship.*

chain [v]: encadenar | *When you park your bike, remember to chain it to a bike rack or tree.*

chair [v]: presidir | *The superintendent chaired the meeting.*

chat up [v]: seducir, camelar | *When he goes to restaurants, he always tries to chat up the waitresses.*

chatty [adj]: hablador, locuaz (habla mucho con soltura y facilidad) | *She's so chatty. e asked in a chatty tone.*

cheer [v]: vitorear, aclamar | *The fans cheered enthusiastically. The fans cheered their team.*

chime [v]: repicar, dar la hora | *You can hear the church bells chime anywhere in town.*

chunk [s]: trozo, pedazo | *Father gets to eat the biggest chunk of meat in the stew.*

cinnamon [s]: canela | *High-quality cinnamon is delicious and strong.*

clove [s]: diente (ajo) | *The chef's specialty is chicken cooked with forty cloves of garlic.*

coin a phrase [v]: acuñar una frase, inventar una frase | *Winston Churchill coined the phrase: "History is written by the victors".*

come down (hard/heavily) on [v]: castigar a, meter una buena a (inf) | *The police come down heavily on the football player.*

congratulate [v]: felicitar | *Everyone congratulated us ON our stroke of luck.*

cramped [adj]: apretado, estrecho | *Six students live in one cramped room.*

cross [adj]: enojado | *She wasn't expecting her ex-boyfriend to be so cross with her.*

cut through [v]: ir al grano, acabar con. | *Ok, let cut through the crap and see what we do agree on! Let's cut through the red tape.*

dash [s]: pizca (comida) | *Add a dash of soy sauce.*

dazzling [adj]: cegador, deslumbrante (tmn fig) | *He shaded her eyes from the dazzling light. The actor has had a dazzling career.*

deafen [v]: ensordecer (tmn fig) | *Must you deafen us with that awful music of yours?*

deafening [adj]: ensordecedor | *The construction sounds were deafening.*

default on [v]: no pagar, fallar en el pago de | *The family's house was repossessed when they defaulted on the mortgage.*

derelict [adj]: abandonado, en ruinas | *The derelict building has had no tenants for over a decade.*

dimly [adv]: tenuemente, vagamente | *The room was dimly lit with candles. Harry became dimly aware that he was not alone.*

din [s]: estrépito, escándalo | *We couldn't even hear one another because of the din upstairs.*

dingy [adj]: deslucido; sucio | *How can you wear something so dingy to an interview?*

dip into [v]: echar mano a, recurrir a (ahorros) | *I'm so short of money at the moment that I keep having to dip into my precious savings.*

dire [adj]: urgente, extremo | *These people are in dire need of help. The news showed the dire situation in the war zone.*

disbar [v]: inhabilitar, prohibir ejercer (trabajo) | *The attorney was disbarred for unethical conduct.*

discourteous [adj]: descortés | *These days, young people seem selfish and discourteous.*

dispel [v]: disipar, dispersar (tmn fig) | *The sunlight soon dispelled the dense fog. A phone call from her would dispel all my fears.*

disregard [s]: indiferencia, desconsideración | *Claire shows a blatant disregard for the feelings of others.*

ditch [v]: abandonar | *My boyfriend ditched me before moving abroad.*

dodge [v]: esquivar

dogged [adj]: tenaz, persistente | *The detective's dogged pursuit of the suspect finally paid off.*

dollop [s]: cucharada | *The baker put a dollop of whipped cream on top of the piece of cake.*

donkey work [s]: trabajo pesado

downfall [s]: perdición, ruina; caída | *Addiction to press attention proved to be her downfall. The dictator's downfall.*

downgrade [s]: pérdida/bajada de categoría, degradación | *The downgrade in my credit rating meant that I couldn't purchase a house.*

downplay [v]: quitarle importancia a | *I think it's important not to downplay the significance of the event.*

downright [adv]: sumamente, extremadamente, realmente | *The roads are getting downright dangerous with the heavy snow.*

downside [s]: lado negativo, desventaja | *What's the downside of pursuing this course of action?*

downsize [v]: recortar (personal) | *The company has been forced to downsize a lot of positions. The company has to downsize.*

downtown [s]: recesión, decrecimiento, desaceleración económica | *We are now recovering from last year's downturn in sales.*

dream come true [phrase/idiom]: sueño hecho realidad | *Getting promoted was a dream come true for her.*

drift off [v]: quedarse frito, caer dormido (inf) | *The calm music and low lights caused me to drift off during the movie.*

dump [v]: tirar (basura de forma irresponsable) | *Angela dumped her old fridge when she got a new one.*

dwelling [s]: morada, vivienda | *The old man lived in a small dwelling near the river.*

each other / one another [phrase/idiom]: entre ellos, mutuamente | *Max and Lyn kissed each other(2). Those 4 doctors refer patients to one another (+2).*

eagerness [s]: entusiasmo, ímpetu, ganas | *Their eagerness faded when they learned what their pay rate was.*

either / any one of [phrase/idiom]: cualquiera | *You can use any of (+2) these programs with either (2) system.*

endless [adj]: interminable, sin fin (tmn fig) | *Julia drove her car along an endless highway. Endless maths class.*

enlist [v]: contratar, emplear (servicio, ayuda); alistarse, enrolarse (militar) | *We enlisted the services of a plumber to clean up the mess. My father enlisted when he was 18.*

enrich [v]: enriquecer (fig) | *Rice is typically enriched with B vitamins.*

errand [s]: recado | *My boss is always sending me on errands. They can even run(hacer) errands. Errand boy.*

etch [v]: grabar, marcar | *The jeweller etched the couple's initials on the rings.*

expertise [s]: experiencia | *The company used the hacker's expertise to help them protect their servers.*

expose [v]: exponer(se) | *You should wear a mask if you are going to expose yourself to harsh chemicals.*

face (up to) the facts [phrase/idiom]: afrontar/aceptar la realidad | *It is time you face the facts*

faintly [adv]: debilmente; impertecptiblemente | *The old woman settled into her chair and sighed faintly. A handwritten message was faintly visible.*

fairytale [adj]: de cuento | *After three marriages, she's still dreaming of a fairytale romance.*

falter [v]: titubear, vacilar (voz en discurso); flaquear | *She faltered when she saw the angry look on his face.*

fast-track [s]: primera línea, posición idónea; vía rápida | *He is on the fast track to success. They've introduced a fast-track system.*

fast-track [v]: acelerar, apurar | *His father put pressure on them to fast-track his application.*

field [v]: tratar con, responder | *The candidate fielded a number of questions from the reporters.*

field for [v]: presentar documentos para | *Cara has filed for divorce. File for custody, adoption*

finger the point [v]: señalar con el dedo | *We should always point the finger at the real culprits.*

flag [v]: comunicar; hacer señas a | *Ships use coloured bunting to flag messages to one another.*

flak [s]: críticas | *It's my money, so don't give me flak for how I spend it.*

flap [v]: ondear | *The flag flapped in the wind.*

flicker [s]: parpadeo (luz); destello (fig) | *Erin felt a flicker of doubt. Paul saw a flicker of light in the dark.*

flout [v]: desobedecer, incumplir (ley) (formal) | *In her anger, Maryanne decided to flout the rules and stay out past curfew(=break the rules)*

flurry [s]: frenesí , ajetreo | *There was a flurry of activity in the office when the boss arrived.*

foam (at the mouth) [v]: echar espuma por la boca | *I think this horse is ill; its mouth is foaming. The dog started to foam at the mouth*

foam [s]: espuma | *Kate worked the foam from the shampoo into her hair.*

foam [v]: hacer espuma | *The milk started to foam in the pot.*

foot the bill [v]: pagar la cuenta, hacerse cargo de la cuenta | *The Insurance company refused my claim, so I had to foot the bill for repairs myself.*

foregone [v]: inevitable, que está cantado | *It was a foregone conclusion that Celta would win. It's foregone that the semester will end in May.*

frame [v]: formular, plantear (fig); enmarcar; bordear rodear | *Can you frame that concept in a more positive light? I would like to frame the orchard with rows.*

freak out [v]: ponerse como loco, perder los papeles | *When I tell my parents I'm quitting school, they are going to freak out.*

from sun up to sun down [phrase/idiom]: desde el amanecer hasta el anochecer. | *I'm so busy all day; I'm on the go from sun up to sun down.*

fuel [v]: alimentar (fig) | *They are fueling speculation.*

full marks [s]: calificación máxima (UK) | *She got full marks in French.*

gamut [s]: escala, gama , espectro (rango) | *The film ran the gamut of genres, from romance, to adventure, to suspense.*

gang up [v]: juntarse en banda, aliarse (inf) | *You can't win an argument with those two: they gang up every time.*

gang up on [v]: atacar en grupo a | *Every time the teacher makes a mistake, the students gang up on her to point it out.*

garner [v]: conseguir (elogios, apoyo...) | *She garnered praise from all her colleagues for working so hard.*

get a life [phrase/idiom]: ¡Búscate una vida!

get by [v]: arreglárselas | *They had learnt to get by on their small retirement income. I can get by in the kitchen.*

get hitched [v]: dar el sí | *I never thought you'd get hitched.*

get on one's nerves [v]: poner de los nervios | *You're getting on my nerves.*

get one's priorities right [v]: establecer prioridades | *Although you are in a seemingly hopeless situation, keep thinking and get your priorities right.*

get the sack (UK) [v]: dar puerta, ser despedido | *Harry got the sack after he was found guilty of theft.*

gifted [adj]: talentoso | *Ben was a gifted speaker.*

give an account of [v]: dar cuenta de | *Everyone will give an account of how he or she has fulfilled each duty.*

give it a second thought [v]: pensarlo dos veces | *He dropped what he was doing and went to her without giving it a second thought.*

give the cold shoulder [v]: dar la espalda | *After the incident, they all gave her the cold shoulder.*

glare [s]: foco (fig); resplandor, brillo, mirada asesina | *All politicians must learn to accept the glare of public scrutiny. Kyle shot a glare at his mother.*

glimmer [s]: atisbo (fig) | *He tried to explain the concept until a glimmer of understanding appeared in the students' eyes.*

go hand in hand (with) [v]: ir de la mano | *For many people, smoking and drinking go hand in hand.*

go into raptures [v]: volverse loco (de entusiasmo) | *The crowd went into raptures when the new car was unveiled.*

go wild (with) [v]: ponerse como loco | *When he returned to the stage to perform an encore, the audience went wild.*

gorge [v]: atiborrarse de (comida) | *He gorged on meat and cheese.*

grief, sorrow [s]: pena, extrema tristeza, aflicción | *After the fire the whole town was gripped by grief and sorrow.*

grievance [s]: queja (formal) | *The prosecution presented the accuser's grievances. All of the networks will air the grievance.*

grilling [v]: interrogatorio exhaustivo | *After hours of grilling, the suspect finally told the detectives the truth. Face a grilling*

grind [v]: rechinar; moler, pulverizar | *Shifting carelessly always made the gears grind in the old car.*

grinding halt [s]: punto muerto | *An overturned truck brought traffic to a grinding halt.*

grounds for complaint [s]: razones para quejarse | *The grounds for complaint should be broad, so that all failures to apply the law may be remedied.*

groundwork [s]: trabajo preliminar | *We laid the groundwork for the new sales plan today.*

growl [v]: gruñir | *The dog growled as the stranger approached.*

gruelling (UK), grueling (USA) [adj]: agotador, extenuante | *After a grueling climb to the top of the mountain, the hikers rested.*

gruff [adj]: ronco (voz); brusco, seco (personalidad) | *A gruff, unfamiliar voice answered the phone. Phil appears to be gruff.*

hail (a taxi) [v]: parar, llamar | *I hailed a taxi to get home because I drank too much.*

halt [v]: parar, detener (production, management...) | *Management halted the project when the money ran out.*

hand in (inf), submit (formal) [v]: entregar | *The students handed in their assignments to the teacher.*

hand in the resignation [v]: presentar la dimisión | *The directors must hand in their resignation to the Board of Administration and regularise*

harm [s]: daño | *Never intend to do any harm to others!*

harsh [adj]: duro, severo; duro, riguroso | *They have harsh winters in Norway.*

harshly [adv]: severamente, con dureza | *He disciplined the children harshly and sent them to bed.*

hasten [v]: apresurar | *Rachel was so eager that she went to bed at 8 to hasten the arrival of her day. Hasten the death.*

have a change of heart [v]: cambiar de parecer | *She's had a change of heart and is inviting her sister after all.*

have an eye for [v]: tener buen ojo para | *The painter has an eye for detail.*

have it in for [v]: tenerlas juradas, tener cruzado (a alguien) | *That teacher has had it in for me ever since I spilled my water in class.*

have/take priority [v]: tener prioridad | *His job seems to take priority over everything else.*

havoc [s]: caos, confusión | *The tornado wreaked chaos/havoc and destruction on the town; nothing was left.*

hazy [adj]: difuso (memoria, visión) | *The policeman said that his memory of the event was hazy. His vision was getting hazy.*

heap praise on [v]: encomiar, alabar con empeño | *Teachers heap praises upon students that always do their work.*

heart-to-heart (chat) [adj]: franco, sincera | *A heart-to-heart chat will help to heal the rift.*

heed [v]: prestar atención a, hacer caso a | *Don't ignore our advice and heed our warnings.*

herd [s]: rebaño (granja); manada (animales salvajes) | *The farmer tended his herd of sheep. The herd of bison stampeded across the plains.*

high-pitched [adj]: agudo (sonido) | *He startled her, and she let out a high-pitched squeal.*

hilly [adj]: montañoso | *The roads are hilly, so please go slowly.*

hinder [v]: dificultar, entorpecer

hint [v]: dar a entender | *Your gift will be blue, he hinted.*

hit the road [v]: ponerse en camino | *We rose early and hit the road before 7.00 am.*

hit the rocks [v]: terminar, estrellarse (fig) | *Their relationship hit the rocks.*

hold a position [v]: ocupar un cargo | *Candidates do not have to hold a position currently.*

hold in contempt [v]: despreciar | *They seem to hold us in contempt. (=despise)*

hone [v]: pulir, perfeccionar (fig) | *Jane worked as an intern to continue to hone her skills before she applied for graduate school.*

hoot [v]: tocar el claxon | *The bicyclist hooted at Sean with his horn (claxon).*

hopelessly [adv]: irremediablemente, sin esperanzas | *The crew was hopelessly lost at sea.*

hotspots [s]: punto wifi, zona wifi | *All of the coffee shops in this cities are hotspots.*

humble [adj]: humilde, modesto | *Tyler is a humble man. The politician had humble beginnings.*

humble [v]: humilde | *Tyler is a humble man, and always happy to help. I once more extend my humble apologies.*

hunk [s]: trozo, pedazo (comida) | *Jim cut a hunk off the turkey/bread and put it on his plate.*

hurdle [v]: valla (atletismo); obstáculo, traba | *Fred had to go over/overcome a lot of hurdles to buy his house.*

hush [s]: silencio, quietud | *There was a sudden hush when the news of the war broke.*

hush [v]: callar, guardar silencio | *The teacher said, "Hush everyone, I'm trying to explain." The crowd hushed as the speaker came out.*

hushed [adj]: silencioso; baja (voz); profundo (silencio) | *In a hushed voice, the librarian told the kids to be quiet.*

husky [adj]: ronco (voz) | *The mysterious woman greeted him in a husky voice.*

in poor taste [adj]: de mal gusto; inofensivo | *I do think they've decorated their bedroom in poor taste. John's joke was in poor taste.*

in-depth [adj]: en profundidad, detallado | *He wrote an in-depth report on the housing shortage.*

insight [s]: percepción | *His insight into the human mind was fascinating.*

irate [adj]: encolerizado, furioso | *An irate letter to the magazine editor said the previous issue was offensive to women.*

job-share [s]: empleo compartido | *We operate a job-share scheme.*

juicy [adj]: jugoso (tmn fig.) | *Nancy liked to trade juicy gossip with her neighbors. Karen was assigned to a juicy contract.*

jump/leap to conclusions (that/about) [phrase/idiom]: sacar conclusiones apresuradas | *Stop leaping to conclusions about their relationship when you hardly even know them.*

keep your ear to the ground [v]: estar atento a lo que ocurre a su alrededor. | *You don't need to be paranoid, but keep your ear to the ground.*

knob [s]: pequeña porción (mermelada) | *Dana smeared a knob of butter on her bread.*

knock-on effects [s]: efectos colaterales | *Inflation can be a knock-on effect of increased government spending.*

land a job [v]: conseguir un trabajo | *There was no chance for me to land a job, having no college education to speak of. (=get a job)*

lasting [adj]: duradero, perdurable | *The manager wanted to build a lasting relationship with his employees.*

laughable [adj]: ridículo, absurdo | *The man wearing a suit on the beach was laughable.*

lesser [adj]: inferior, menor | *Tom decided to prioritize and leave the lesser problems for later.*

level out [v]: nivelar

levy [v]: imponer, dictaminar (impuestos) | *The government levied taxes at the beginning of each year.*

lifelong [adj]: para toda la vida | *Marriage should be regarded as a lifelong commitment. Lifelong ambition.*

likelihood [s]: probabilidad | *There is every likelihood that this Parliament will shortly reject the proposed.*

livelihood [s]: sustento | *Because of the recession Larry lost his job and his livelihood.*

loaf [s]: barra de pan | *The baker shaped the loaf of bread out of the dough.*

loaf [v]: vagar | *Amy loafed around all day.*

locust [s]: saltamontes, langosta | *The field was devastated by a swarm of locusts.*

loot [v]: saquear | *The army looted the city.*

looting [s]: saqueo | *The teenagers acquired all their electronics by looting.*

lull to sleep [v]: arrullar, hasta que se duerma, dormir a | *The mother's song lulled the baby to sleep.*

make a living [v]: ganarse la vida | *He made a living by trading in stocks and shares.*

make business sense [v]: ser bueno para un negocio | *Investment in healthcare often makes good business sense. Flexible workforce makes business sense.*

make the most of [v]: sacar el máximo provecho de | *We made the most of our vacation by leaving our phones and computers turned off.*

maternity leave [s]: baja por maternidad | *Temps often provide cover while a full-time employee is on maternity leave.*

menial [v]: no especializado, de baja categoría (trabajo, tarea) | *Immigrants often take menial jobs that no-one else wants.*

misconduct [s]: mala conductal, mala praxis | *The lawyer was reprimanded and disbarred for misconduct.*

miss the point [v]: no entender | *You're missing the point: this isn't about pay - it's about conditions.*

mounting [adj]: creciente | *There is mounting evidence that lack of sleep causes serious medical problems. Mounting concern.*

move up the ranks/ladder [v]: ser promocionado (trabajo) | *Qualifications can help you move up the career ladder.*

muddy [adj]: embarrado; lodoso | *Sarah's expensive shoes were muddy after she walked in the rainstorm. The river was muddy that day.*

muffled [adj]: amortiguado (sonido) | *There were muffled footsteps in the hall.*

nag [v]: fastidiar, incordiar | *Shaun's wife nagged all day.*

nagging [adj]: perturbador, inquietante | *Peter had some nagging doubts about his life choices.*

nail down [v]: precisar, determinar (fig) | *We need to nail down exactly how much money was embezzled by our accountant.*

nasty [adj]: desagradable | *Mary was the nasty person who started the rumors. They spread nasty rumors about her.*

neat [adj]: pulcro, aseado | *Seth always kept his room neat.*

niggle [s]: preocupación innecesaria, molestia | *Don't you feel even a slight niggle about the morality of your experiments?*

niggle [v]: preocupar | *All my work duties are niggling at me.*

none of them/it [phrase/idiom]: ninguno | *None of the kittens are lonely. if=them->are*

none of your business [phrase/idiom]: no es asunto tuyo | *What I do with my time off is none of your business.*

offset [v]: compensar | *The gains offset the losses. Costs have been partially offset against savings.*

offshore [adj]: de litoral; de paraíso fiscal | *Carl works on an offshore oil rig.*

on edge [adj]: tenso, inquieto | *She was on edge, waiting for her exam results.*

on the contrary [adv]: al contrario | *You think people can't change? On the contrary, they can!*

on the go [adv]: sin parar, ocupado | *They're always on the go. I'm so busy all day; I'm on the go from sun up to sun down.*

onshore [adj]: costero, de costa | *Onshore rigs are different from offshore rigs.*

opening gambit [s]: comentario inicial, entrada | *The politician's opening gambit was a joke about taxes, but nobody laughed.*

orchard [s]: huerto de árboles frutales | *Beyond the vegetable garden is an orchard with a variety of fruit trees.*

outburst [s]: estallido, explosión (emocional, sonido) | *Tom's outburst was completely unexpected; one minute he was calm, the next he was shouting.*

outpouring [s]: flujo (fig) | *After her father died, Jessica received an outpouring of sympathy from her friends.*

outright [adj]: rotunda | *Someone may declare outright opposition/hostility to this plan.*

overjoyed [adj]: encantado, deleitado | *Rachael was overjoyed at the birth of her son.*

overnight [adj]: de la noche a la mañana, inmediato | *He enjoyed overnight success last year.*

overnight [adv]: de la noche a la mañana | *Everything seemed to change overnight.*

overpowering [adj]: sofocante (calor), penetrante (olor), ensordecedor (ruido) | *The smell of curry is overpowering.*

overrule [v]: prevalecer ante; desautorizar, rechazar | *I believe that God overrules the universe. The judge overruled the objection.*

overstate [v]: exagerar | *This deal is crucial to the firm; I cannot overstate its importance.*

overthrow [v]: derrocar, derribar (poder) | *The king was overthrown in a military coup.*

pander [v]: consentir | *She accused the other candidate of pandering to radical environmental groups.*

paramount [adj]: primordial | *The children's safety is our paramount concern.*

pass judgement [v]: criticar, juzgar | *We shouldn't pass judgement on him; he's doing the best that he can.*

pencil in [v]: programar | *Let's pencil a meeting in for next Thursday at 11.*

pent-up [adj]: recluso, confinado (físicamente o emocionalmente) | *Pent-up emotions can be harmful to mental health. The children are pent up in the house.*

pleasantry [s]: cumplido | *They are exchanging pleasantries.*

plummet [v]: caer en picado | *Temperatures plummeted rapidly throughout the day.*

plunge [s]: zambullida (buceo); caída (rápida) | *The car's plunge from the cliff lasted only a few seconds.*

pod/group/school [s]: grupo (delfines, ballenas) | *On the harbor cruise we saw a pod of dolphins playing around our boat.*

pose [v]: plantear, presentar | *Emily posed the question of why everyone had to obey Paul. Nuclear weapons pose a threat.*

pride [s]: manada (leones) | *The documentary showed a pride of lions relaxing together. (=a heard of)*

pronounced dead [adj]: declarado muerto | *The infant was later pronounced dead as a result of internal bleeding and bruises.*

proven [adj]: probado, demostrado | *This is a proven method to make your tomatoes ripen; you will see them turning red within days.*

publicly [adv]: públicamente, en público | *Carrying on their argument publicly was in poor taste.*

put a stop [v]: ponerle fin | *The students are cheating; we'll put a stop to that right away.*

put in an appearance [v]: pasar(se) a saludar | *The boss usually puts in an appearance at the annual employee picnic.*

put the past behind [phrase/idiom]: dejar el pasado atrás | *It is time to put the past behind you and start focusing on the future*

quell [v]: sofocar, apaciguar | *What can I say to quell your anxiety about this evening? His early appearance quelled our worries.*

racket [s]: barullo (inf); raqueta | *You could tell the teacher wasn't in the room because of the racket the kids were making.*

reap [v]: cosechar; recoger, ver (fig, resultados) | *She is reaping the rewards. You'll soon reap the benefit of all your hard work.*

recklessly [adv]: temerariamente; descuidadamente | *The teenager recklessly drove his car into a tree. I recklessly dropped a stack of papers.*

red tape [s]: papeleo, trámites burocráticos | *Prepare yourself for a lot of red tape when buying a house in Italy.*

reject out of hand [v]: rechazar sin ni siquiera considerar | *Fred is so contrary that they rejected him out of hand when his name came up for a position.*

rekindle [v]: reavivar, encender memorias (fig) | *The holiday was a last chance to rekindle their love.*

relish [v]: deleitarse con, disfrutar | *Rob relishes the challenge of a new project.*

reluctant [adj]: reacio | *Paul was reluctant to take on new responsibilities at work.*

render [v]: dejar, volver | *The shock rendered him speechless. (render sth adj)*

reprimand [v]: reprender | *The teacher reprimanded the children for breaking the rules.*

resounding [adj]: rotundo (fig); retumbante, estridente | *The project was a resounding success. After the performance, a resounding cheer filled the room.*

rift [s]: distanciamiento (entre personas, sentimental) | *The argument has caused a rift between these two neighbours. Let's heal the rift.*

rig [s]: plataforma petrolífera | *Onshore rigs are different from offshore rigs.*

rip apart [v]: hacer pedazos (a alguien) (inf) | *The critics ripped the author apart.*

risk [v]: arriesgar(se a) | *You risk being accused of plagiarism.*

risk life and limb [v]: arriesgar la vida | *People often risk life and limb in campaigning on behalf of human rights issues.*

room for improvement [s]: posibilidad de mejora, espacio para mejorar | *Of course, there is still room for improvement next year.*

rubber [s]: goma, caucho; borrador | *Tyres are made of rubber. Betty used a rubber to erase her mistake.*

run up [v]: generar, dar lugar a (factura); izar, levantar | *Shawna ran up a huge phone bill last month.*

scathing [adj]: feroz, severamente crítico | *The papers today are full of scathing reviews of my book.*

scorching [adj]: abrasador | *Even though it's still May, it's scorching outside.*

seal [v]: sellar | *We sealed the leak so the tube could hold air again.*

seal off [v]: acordonar | *The scene of the road traffic accident has been sealed off by the police.*

searing [adj]: ardiente | *The tourists were suffering in the searing heat of the midday sun.*

second to none [adj]: insuperable, lo máximo | *He's a brilliant footballer: his passing ability is second to none.*

secrecy [s]: discreción | *Secrecy is of the utmost importance to our success.*

see off [v]: espantar, echar; despedir a | *He saw off the intruders who wanted to break into the house. He came to the airport to see me off.*

seethe [v]: echar humo (fig); bullir, hervir | *Ron seethed with anger when his boss accused him of stealing. Jenny was seething.*

selfish [adj]: egoísta | *She won't do that for you because she is very selfish.*

selfishness [s]: egoísmo, interés personal | *His selfishness prevents him from noticing others' suffering.*

send-off [s]: despedida | *I got an affectionate send-off from my colleagues.*

setback [s]: revés, contratiempo | *The project suffered a setback when one of the key workers had to take two months off work.*

shade [v]: tapar, proteger (contra el sol) | *The parasol shaded the patio from the sun.*

shatter [v]: destrozar (tmn fig) | *The plate hit the floor and shattered. The reviews shattered the author's confidence.*

sheer [adj]: puro, auténtico | *That idea is sheer genius!*

shirk [v]: eludir, rehuir, esquivar | *Manny is shirking his work duties again.*

shiver down one spine [s]: escalofrío | *She felt a shiver down her spine as she heard the orchestra tuning up.*

shoal [s]: banco (peces) | *A shoal of fish was visible in the clear water.*

shoulder the blame [phrase/idiom]: Responsabilizarse por algo malo | *Sue decided to shoulder the blame.*

showcase [s]: vitrina, escaparate | *They take the jewellery out of the showcases at night.*

shriek [v]: chillar, aullar | *Molly shrieked when her brother poured cold water down her back.*

shy away from [v]: mantenerse alejado, evitar | *The horse shied away from the elephant.*

sickly [adj]: enfermizo; pálido | *Leah was a sickly child.*

sideswipe [s]: crítica indirecta (USA) | *She took a further sideswipe at Vocabulia.*

slap, smack [v]: abofetear | *The mother slapped (or: smacked) her daughter. (cara vs resto del cuerpo)*

sleep rough [v]: dormir a la intemperie | *They sleep rough, beg for food and grab lifts by clinging to the outside of moving freight trains.*

sleepless [adj]: con insomnio; en blanco (noche) | *Billy is still sleepless because of his new baby. Sleepless night.*

slightest [adj]: menos posible | *I'd add just the slightest amount of salt. The slightest chance of winning.*

slim [adj]: escaso, pequeño (posibilidad); esbelto, delgado | *There's a slim possibility of Robert losing his job. Slim majority.*

slog [s]: esfuerzo (inf) | *It's going to be a long slog to the top of the mountain.*

slur [v]: mascullar, hablar sin que se entienda | *Brian had had a lot to drink and was slurring his words.*

smear [v]: untar; embadurnar | *Don't touch the wet paint or you'll smear it. She smeared the cake with whipped cream.*

sneak in [v]: colarse en; colar en, pasar a hurtadillas (algo) | *The teenagers sneaked into the bar. He hid the file to sneak it into the prisoner's cell.*

snippet [s]: fragmento, trozo (extracto de algo publicado); recorte (de periódico) | *He sat at the table and read me snippets from the paper.*

soar [v]: elevarse | *Share prices soared after the company published its profits. Temperatures soar above the average.*

sour [s]: amargo, agrio (tmn fig) | *The dream of a new life soon turned sour.*

sparsely [adv]: escasamente | *The town, once a booming center of commerce, is now sparsely populated.*

spate [s]: avalancha, aluvión (fig; de cosas en cercana sucesión) | *Officials can't explain the recent spate of murders in the area.*

spell the end [v]: significar el fin | *These cuts will spell the end for many producers both in Europe and in the developing countries*

spice [s]: especia | *Dave likes making curries, so he makes sure he always has a range of spices in his kitchen.*

spotlessly [adv]: impecablemente | *The kitchen was spotlessly clean, and everything was in its proper place.*

sprinkling [s]: poquito (hierba, especia) | *The cookie had a sprinkling of cinnamon on top.*

squeak [v]: chirriar | *That door needs some oil on its hinges; it squeaks whenever you open it.*

squealed [v]: chillar | *Wendy squealed with delight when she saw Dan.*

stakeholders [s]: accionista | *A meeting was organized for stakeholders in the proposed merger.*

stale [adj]: rancio, anticuado | *After two hours in the sun, the beer was stale. Stale smell. My uncle's jokes are stale.*

stampede [v]: salir en estampida | *Buffalo used to stampede across these plains.*

stand a chance [phrase/idiom]: tener la oportunidad | *I tried everything I could but never really stood a chance.*

stand the test of time [phrase/idiom]: resistir el paso del tiempo | *Our methods have stood the test of time.*

star-studded [adj]: de primera categoría, estelar | *The movie boasts a star-studded cast.*

startle [v]: sobresaltar, asustar | *You really startled us, bursting in like that.*

state of the art [adj]: de última generación, de vanguardia | *Our new TV uses state-of-the-art technology to provide the best picture and sound.*

state your business [v]: exponer las intenciones | *Each visitor stated their business before protesting.*

state your case [v]: decir lo que uno piensa | *The new rules allow you to state your case for the person you're voting for.*

stay the course [v]: no aflojar hasta conseguirlo | *That has been a powerful incentive for countries to stay the course and continue reforms.*

steam [v]: echar chispas (fig); cocinar al vapor | *As the drunk man continued to make bigoted comments, Lucy could see Bill starting to steam.*

steer [v]: dirigir, guiar | *Beth's parents steered her towards a career in finance.*

stem [s]: tallo

stem [v]: contener, cortar de raíz | *He put pressure on the cut to try and stem the flow of blood.*

stony [adj]: frío, duro (rostro, voz); pedregoso | *Timothy gave the noisy children a stony glance.*

stopover [s]: escala, breve visita, parada | *We took a short stopover in New York, but unfortunately we didn't have much time for sightseeing.*

strangle [v]: estrangular; suprimir, estrangular (fig) | *The killer prefers to strangle his victims. These controls on the media will strangle free speech.*

streak [s]: rasgo, cualidad (personalidad); nabcca, mecha (pelo) | *Don't get on the wrong side of Neil; he's got a nasty streak.*

stretch to [v]: alcanzar para, llegar para | *My language skills don't stretch to Japanese.*

strikingly [adv]: impresionantemente | *The whole family are strikingly handsome.*

stroke [s]: golpe (brillante de) | *a Stroke of luck/genious/work.*

stroke of luck [s]: golpe de suerte | *By a stroke of luck, I found a parking space on the crowded street.*

stumble over/on [v]: atascarse con, trabarse con (fig) | *I always stumble on the words to the national anthem when I try to sing it.*

subtle [adj]: sutil, imperceptible | *Wendy started making subtle signs that they should leave.*

surge [s]: arrebató, ataque | *There is always a surge in consumer spending before Christmas. Surge of anger/adrenaline*

swarm [s]: enjambre | *There was a swarm of flies on the wall.*

swear/curse/four-letter word [s]: palabrota | *The children snatched because Luis said a swear word.*

sweated labour [s]: trabajo explotado | *Let's eliminate child and sweated labour in the retail industry.*

sweaty [adj]: sudoroso | *I'm all sweaty from my bike ride.*

sweeping [adj]: de gran envergadura, de gran alcance (fig) | *The new government implemented sweeping reforms.*

swig [s]: trago grande | *Eddie took a swig of root beer and wiped his forehead.*

tail back [v]: hacer cola, extenderse (tráfico) | *The traffic tailed back to the bridge. Traffic is currently tailing back over 10 km.*

take credit [v]: atribuirse el mérito | *He takes credit for my work.*

take exception to [v]: oponerse a | *I take exception to that comment.*

take it easy [v]: tomar las cosas con calma, despreocuparse | *Retirement is the time to take it easy.*

take sb on [v]: contratar

take the field [v]: saltar al campo | *After a long delay, the teams finally took the field.*

take up references [v]: verificar referencias (trabajo) | *Take up at least two references one from the candidate's current or most recent employer.*

take up the post [v]: incorporarse al puesto de trabajo | *The successful candidate will be expected to take up the post by 1 July 2005.*

tantum [s]: berrinche, rabieta | *It's important not to give in if your child has a tantrum.*

tear apart [v]: machacar, hacer pedazos | *The art critic just tore apart the painting.*

tempting [adj]: tentador | *Julian was very happy with his job, but then a rival firm made him a tempting offer.*

the back of beyond [s]: lugar remoto | *They live in some village in the back of beyond.*

the foggiest idea [phrase/idiom]: la menor idea | *I have (not a clue/not the foggiest idea/ no idea) what you mean.*

thoroughly [adv]: totalmente, plenamente, absolutamente | *Robert was thoroughly fed up. He feels thoroughly ashamed.*

thriving [adj]: próspero | *In just a few years, this entrepreneur has built a thriving business.*

throw a sickie [v]: fingir estar enfermo | *I just didn't feel like work so I threw a sickie.*

thud [s]: ruido sordo, golpe seco, batacazo | *Tina dropped the book and it hit the table with a thud.*

tide [v]: marea; corriente, tendencia (fig) | *The tide of public emotion was changing as more details of the story emerged.*

tie the knot [v]: dar el sí, casarse | *When is your sister going to tie the knot?*

tinkle [v]: tintinear, campanillear | *The bells on the woman's costume tinkled as she moved.*

tip off [v]: avisar, poner sobre aviso | *Do not tip off the subject of an investigation.*

tip-off [s]: aviso, soplo

to and fro [phrase/idiom]: de un lado a otro | *The lion paced to and fro in his cage.*

topple [v]: derribar; derrocar (gobierno) | *Revolutionaries toppled the government in 2011. Don't topple that stack of dishes.*

torn [adj]: desgarrado, rasgado, roto | *The young man was wearing torn jeans. Sometimes, surgery to repair a torn ligament is needed.*

touch [s]: un poco, un toque | *He has a touch of fever. A touch of sadness/humour/irony/class (sophistication)*

toy with [v]: jugar con, darle vueltas a | *Steve toyed with the idea of giving up his job and travelling around the world.*

trap [s]: trampa

traverse [v]: atravesar, recorrer, cruzar | *The winter grew colder as the troops traversed the eastern front.*

trekking [s]: excursionismo | *Ryan decided to spend six months trekking in the Himalayas.*

tribe [s]: manada (monos) | *A tribe of baboons.*

truce [s]: tregua, pausa; armisticio | *The two sides called a truce. The political parties agreed to a truce.*

trustworthy [adj]: confiable, que se puede confiar | *The business owner was lucky to have trustworthy employees.*

tune up [v]: afinar | *Dave was tuning his guitar up.*

turn a blind eye on/to [v]: hacer la vista gorda ante | *The inspector agreed to turn a blind eye to the safety violations. We used to turn a blind eye to.*

turn in a profit [v]: generar beneficio | *Those areas will more quickly turn in a profit. (=make a profit)*

turnover [s]: movimiento (de empleados); volumen, ventas, facturación (comercio) | *The company had a high turnover of staff. The turnover on this product is very impressive.*

twinge [s]: punzada (dolor) | *Ursula felt a sudden twinge in her back when she tried to do the yoga pose.*

uncaring [adj]: indiferente, insensible | *Daphne's uncaring husband showed no sympathy when her beloved cat died.*

undercut [v]: vender a precios más bajos que | *Large supermarkets can undercut small family-run shops.*

underrated [adj]: subestimado | *Smith is an underrated actor who deserves more recognition.*

undertake [v]: comprometerse | *The proofreader has undertaken to make the corrections.*

unequalled [adj]: inigualable, sin rival | *This finish is unequalled by any other product on the market; accept no imitations.*

unmistakable [adj]: inconfundible; certero, inequívoco | *These animals are unmistakable because of their long, black and white tails.*

unruly [adj]: revoltoso, rebelde | *The teacher does not tolerate unruly behaviour in this class.*

upbringing [s]: crianza, educación | *Her upbringing made her very suspicious of strangers.*

uphill [adj]: ascendiente; arduo, difícil | *The uphill road leads to a small church. Life has been an uphill journey for Susan.*

uproot [v]: desplazar (de un lugar en el que se estaba asentado) | *The civil war uprooted thousands of people from their homes.*

upsetting [adj]: molesto, triste (fig) | *It's upsetting to see homeless people begging in the streets.*

upturn [s]: incremento, mejora (economía) | *The economy experienced an upturn when the civil war ended.*

viewing time [s]: tiempo de emisión (tv) | *The pictures they took appeared on Dutch television at peak viewing time.*

vulture [s]: buitres | *The vultures are circling.*

walk out [v]: desistir; salir andadndo | *When she lost her job, he walked out of the marriage. She walked out of the apartment.*

wander off [v]: alejarse | *you nmeed to wander off to the café.*

warn [v]: advertir | *He warned me that the train might be late.*

weepy [adj]: lloroso | *The graduation ceremony was a weepy occasion. Weepy eyes.*

whim [s]: antojo, capricho | *Oh for a husband who would indulge my every whim! We booked the trip on a whim.*

whine [v]: lloriquear, quejarse | *The dog whined outside the door.*

whipped cream [s]: crema batida, nata montada | *Whipped cream should be light.*

whirlwind [adj]: breve, relámpago | *Dan made a whirlwind visit to Paris. It was a whirlwind romance*

whizkid [s]: niño prodigio (inf)

wit [s]: ingenio | *People like this comic because of his wit.*

with all due respect (to) [phrase/idiom]: con el debido respeto

withstand [v]: resistir, aguantar (presión, impacto: físicamente) | *The police officer's vest can withstand the impact of a bullet.*

work around the clock [v]: trabajar sin descanso | *We work around the clock to make sure we continue to provide affordable power to our customers.*

work up an appetite [v]: abrir el apetito, dar hambre | *It made me hungry; it certainly helped to work up an appetite.*

working knowledge [s]: conocimiento práctico | *His first language is French and he has a good working knowledge of English.*

working order [s]: estado de funcionamiento | *Test all equipment before the workshop to be sure it is in good working order.*

wreak [v]: ingligir, causar | *The hurricane wreaked destruction on several coastal towns.*

wrestle with [v]: pelearse con (fig) | *Paul wrestled with his conscience after he stole the car.*

yawning [adj]: ancho, abierto (fig, gap) | *There is yawning gap between the rich and the poor in some countries.*