

In hot water 陷入困境；惹上麻烦
Spring chicken 年轻人
Bite off more than one can chew 不自量力
Big cheese 团体中最重要的，领导者
Couch potato 经常看电视的人
Food for thought 引人深思的事情
Have / Left with egg on one's face 丢脸
Have a bone to pick with someone 对...有意见
In a nutshell 简而言之，概括的说
Like two peas in a pod (尤指外观) 非常相像
Put all one's eggs in one basket 孤注一掷
Take with a grain of salt 对...半信半疑

Do one a world of good 对一个人有巨大的正面影响
One's number is up 死到临头
New lease of life 帮助脱离困境
Alive and kicking 生龙活虎
Bundle of nerves 焦躁的人；紧张不安的人
Dead as a doorknob 完全死了
Fit as a fiddle 非常健康
Meet one's maker 死亡（以幽默的方式）
Not a ... bone in one's body 绝对没有...（性格）
Teething problems 初期问题（预料之中的）
Hold on to one's hat 做好心理准备
Seeing is believing 眼见为实

Get one's knickers in a twist 迷惑；发慌；恼火
A penny for your thoughts 你在想什么呢（通常是一个人沉默着思考了很久）
Hate one's guts 非常讨厌一个人，恨死一个人
Over one's dead body 不允许一些事发生
A chip on one's shoulder 耿耿于怀，怀恨在心
Add fuel to the fire 火上浇油
Drive a hard bargain 极力讨价还价
Make a mountain out of a molehill 小题大做
Rub it in 伤口撒盐
Split hairs 太在意鸡毛蒜皮的小事
Stab someone in the back 背后捅刀子
Swim against the tide 逆着潮流而行

Out of one's league 高不可攀，高不可及
Give someone one's best shot 尽力而为

Throw in the towel 认输（拳击惯用语）

Give someone a run for their money 不让一个人轻易取胜；让一个人竭尽全力才获胜

The ball is in one's court 轮到一个人作出反应或采取行动

Get / Have the upper hand 占了上风；有利位置

Level playing field 公平竞争的环境

Make the cut 晋级，入围

Neck and neck 旗鼓相当，不相上下（赛马惯用语）

Race against time 与实践赛跑

Settle the score 秋后算账

Get (something) out of one's hair 使某事停止烦人