**show someone ropes**to explain ro demonstarte to smoeone how to do a job, task, or activity.  
Lynn spent an afternoon to show the new girl the ropes.

**black sheep**a person who had done something bad that brings shame or embarrassment to his or her family.  
He is the black sheep of the family.

**strike home**  
to hit the intended place or have the intended effect.  
e.g. The laser guidance system dramatically increases the likelihood that the missile will strike home.

**even Steven / even-steven**[adj.][n.]  
1. having no balance of debt; neither owing or being owed.  
You can buy me a drink and we are even-steven.  
2. with an equal score.  
The result was an even-steven first half.

**burnout**  
[n.]exhaustion caused by too much work.  
You need to wathc out for signs of burnout.  
**burnt-out** [adj.]  
**burn out** (*phrasal verb*)

**make a bow**  
make a final appearance  
The president made her bow with an emotional speech.

**crammed**  
fit a lot fo things into a small space  
There are five of us crammed into the car.

**the jury is (still) out on sth**  
used when you are saying sth is still uncertain  
The jury is out on whether wine can be good for you.

**As the old Chinese saying goes, once bitten, twice shy.**中国俗话说得好，一朝被蛇咬，十年怕井绳。

**Man proposes, (but) God disposes.**谋事在人，成事在天

**in retrospect:**   
thinking about a past event or situation, often with a different opinion of it from the one you had at the time.

**take the floor**  
to start speaking/ to stand and begin to dance

**a bolt from the blue**  
an event or a piece of news which is sudden and unexpected; a complete surprise.  
Her dismissal came as a bolt from the blue.  
What a bolt from the blue.  
**bolt**: a sudden flash