

Get out of town	I don't believe you	You got an A in your Finance class? Get out of town!
Get over it	forget about the past	He broke up with his girlfriend but he needs to get over it.
Gone off track	forgot about your future goal	My friend really got off track because he failed three classes this semester.
Hands down	for certain the right answer	America is hands down the best place to study abroad.
Hang on a second	wait for a moment	Hang on a second...I am waiting for my laundry to finish.
Hang out	spend time with a friend	Joe and I hang out after class every week.
Have stumbled upon	to accidentally discover something	I stumbled upon a new restaurant while walking around downtown.
Hold your horses	wait/calm down	Hold your horses. I am still eating my lunch.
How's it going?	How are you?	How's it going today Bobby?
I made a key decision	make an important decision	I made a key decision to finish college.
Inside scoop	the details	Hey give me the inside scoop on how you met John.
In the bag	will definitely happen	My baseball team will win the game. It is in the bag.
I was knocked on my heels	I was surprised	I was knocked on my heels when I realized I got the job.

Low down	to receive the full story	Hey give me the low down on what happened last Saturday night.
Take a chill pill	a way of telling someone to calm down	I don't think the test will be too hard, take a chill pill.
Hit the books	to study	I can't go to the party tonight, I have to hit the books.
To touch base	to contact someone	I need to touch base with Jeremy about the new office reports.
Locked in	to give full concentration too	I'm really locked in to this new television series.
No big deal	no need to worry	If you can't make it to my birthday dinner it's no big deal.
Get on the ball	to get focused on the goal	If you haven't started your research project yet, you need to get on the ball.
Out of nowhere	unexpected	That surprise quiz came out of nowhere.
Out of the blue	unexpected	We were walking to the store when Mike appeared out of the blue.
Pull the plug	to end something/someone	After Bob quit, we may just have to pull the plug on the whole operation.
Put a sock in it	be quiet	My loud neighbors really need to put a sock in it.
Rally the troops	to gather friends together	We're going to rally the troops then head to the basketball game.
Since day one	for a long time	I've been playing basketball since day one.

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Time flies	time passes by fast	I can't believe the weekend is already over, time flies!
Up a creek without a paddle	in a bad situation	Yesterday my car ran out of gas and then my phone ran out of battery, I was up a creek without a paddle.
Fill in the blanks	figure out the rest on your own	Did we win? We were losing by 40 points at halftime, fill in the blanks.
On the same page	having similar thoughts	I'm glad we are on the same page with our ideas for this project.
What's up?	How are you?	Hey John what's up?
You pulled a fast one	to trick someone	You pretended you knew his name when really you did not, you pulled a fast one.

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