**读后续写背诵素材：**

**好词好句100句(下)**

**Day 1 (第1句-10句)**

**1. They were full of excitement at the thought of meeting a real movie star.**想到要见一位真正的电影明星，他们就满心激动。(be full of /filled with excitement 满怀激动)

**2. Bill became aware that he was still holding his glass.**

比尔意识到他手里还握着杯子。(be/become aware that从句 注意到;察觉到...)

**3. He had time to reflect on his successes and failures.**

他有时间反思他的成功和失败。(reflect on...反思；仔细思考...)

**4. Environmentalists are alarmed by the increase in pollution.**

不断加重的污染引起环保人士的担忧。(be alarmed at/by...对...感到担忧；惊慌)

**5. He was alarmed to discover that his car was gone.**

他惊慌地发现自己的车不见了。(be alarmed to see /hear...惊慌地看到;听到...)

**6. Tim was a clumsy boy, always bumping into the furniture.**

蒂姆是个笨手笨脚的孩子，老是撞到家具上。(bump into sb/sth撞到...)

**7. I dragged myself out of bed and into the bathroom.**

我吃力地下床走进浴室。 (drag yourself to /into /out of...费力地走到/进/出某处)

**8. He paused for breath, then continued up the hill.**

他停下来歇口气，然后继续上山。

**9. "No," he replied, without pausing for thought.**

"不是的。" 他不假思索地答道。

**10. She bowed her head and prayed.**

她低头祈祷。(bow one's head 尤其是因为尴尬或难过或相信上帝而低头)

**Day 2 (第11句-20句)**

**11. He threw Anna a big smile.**

他对安娜粲然一笑。 (throw sb a look /glance /smile 朝某人看了看/瞥了一眼/笑了笑)

**12. He threw a glance at Connor.**

他瞥了康纳一眼。

**13. After the explosion, a terrible silence fell upon the scene.**

爆炸之后，现场陷入一片可怕的寂静。 (silence falls on /upon sth ...陷入一片可怕的寂静)

**14. A loud scream shattered the silence.**

一声高声尖叫打破了沉寂。(break /shatter the silence 打破了沉寂使破碎ˈʃætə)

**15. There was a brief silence before anyone answered.**

沉默了片刻才有人回答。

**16. The four men sat in silence.**

这四个人一声不吭地坐着。(in silence 一声不吭地)

**17. I plucked up the courage to go out by myself.**

我鼓起勇气一个人走了出去。 (pluck up the courage to do sth 鼓起勇气做...plʌk)

**18. The driver was still conscious when the ambulance arrived.**

救护车赶到时，司机仍然神志清醒。

**19. They were full of excitement at the thought of meeting a real movie star.**想到要见一位真正的电影明星，他们就满心激动。(be full of /filled with excitement 满怀激动) 

**20. He woke up that morning with a feeling of excitement.**

那天早晨他醒来时情绪亢奋。(a sense /feeling of excitement 激动的心情)

**Day 3 (第21句-30句)**

**21. Her excitement grew as the day of the wedding came nearer.**

随着婚礼临近，她越来越兴奋。(sb's excitement grows 某人越来越兴奋)

**22. Her hands were trembling with excitement as she opened the letter.**

她打开信时激动得双手颤抖。(be trembling with excitement激动得直发抖)

**23. In all the excitement, I left my wallet behind.**

我一时激动，忘了拿钱包。

(in the excitement / in your excitement某人一时激动)

1. **Greene was on his feet now, his body trembling with rage.**

格林这会儿站了起来，气得全身直哆嗦。(tremble with anger / fear 气得全身直哆嗦;害怕得发抖)

**25. She tried to hide her anger.**

她试图掩饰自己的愤怒。

(hide your disappointment/anger...掩饰...)

**26. The treatment offers a ray of hope for cancer sufferers**

这种治疗方法给癌症患者一线希望。

(a ray of hope/light 一线希望/光明)

**27. His statement was greeted with cries of astonishment and anger.**

他的这番话被报以一片叫喊声，有震惊，也有愤怒。(be greeted with /by sth被报以...)

**28. I felt a rush of excitement when she arrived.**

她来到的时候，我感到一阵激动。(a rush of anger / excitement / gratitude...一阵...)

**29. The smoke  hung in the air.**

烟在空中缭绕。(mist/smoke/smell hangs in the air在空中缭绕)

**30. A thick mist hung over the town.**

小镇笼罩在浓浓的雾霭中。

**Day 4 (第31句-40句)**

**31. What hurts is that he never even said goodbye.**

令人伤心的是，他甚至没有和我道别。(What hurts is that 从句，使人伤心的是...)

**32. It hurt me to think that you hated me.**

想到你恨我，我就感到伤心。(it hurts (sb) to do sth...使人伤心)

**33. Her voice was shaking as she announced the news.**

她宣布这条消息的时候声音都在颤抖。(sb's voice shakes某人因担心﹑愤怒或害怕而嗓音发颤)

**34. Reg's voice shook with rage.**

雷吉气得声音都发抖了。(shake with rage气得声音都发抖)

**35. His confidence was badly shaken.**

他的自信心受到很大的打击。(shake sb's confidence /beliefs 动摇某人的信心/信仰等)

**36. When asked if he wanted anything else, he just shook his head.**

问他是否要点别的，他只是摇了摇头。

**37. Mark shook his head in disbelief.**

马克不相信地摇摇头。(in disbelief不相信地)

**38. He warmly shook hands with me.**

他热情地和我握手。

**39. The little boy's hand was shaking.**

这小男孩的手在发抖。

**40. I could see my neighbor shaking with laughter.**

我看到邻居笑得浑身直抖。(shake with fear /laughter /anger...因...发抖)

**Day 5 (第41句-50句)**

**41. She shook him to wake him up.**

她摇摇他，想把他叫醒。

**42. Shake the bottle before you open it.**

打开瓶子之前先摇一摇。

**43. The whole house started to shake.**

整幢房子摇晃起来。

**44. His heart sank the way it always did when she left him.**

他心情沉重，她离开他时他总是这样。 (your heart sinks 又作 your spirits sink  用于表示失去信心或希望，心情沉重，情绪低落)

**45. She felt desperately tired, and her spirits sank.**

她感到筋疲力尽，情绪低落。

**46. Daniel slid out of the room when no one was looking.**

丹尼尔趁没人看见，偷偷溜出了房间。

**47. She slid into the driver's seat.**

她偷偷溜进驾驶座。(slide sth into / out of etc sth偷偷溜进入、溜出...)

**48. A feeling of isolation swept over me.**

忽然有一种孤独的感觉向我袭来。(sweep over sb 某种情感突然袭来)

**49. His face wore a welcoming smile.**

他脸上挂着热情的微笑。 (wear a smile/ frown /grin...面露，面带...表情)

**50. Jo burst into the room.**

乔冲进房间。(burst into sp冲进...)

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**Day 6 (第51句-60句)**

**51. The door burst open and Tom ran into the room.**

门突然打开，汤姆跑进了房间。(burst open突然打开)

**52. He started to panic when he saw the gun.**

他看见枪就慌了起来。

**53. Don't panic! We'll soon get you out of there.**

别慌！我们马上就把你从那儿弄出来。

**54. The children fled in panic.**

孩子们惊慌地逃走了。( in (a) panic惊慌地)

**55. She got into a panic when she couldn't find the tickets.**

她找不到票，慌了起来。(get into a panic感到惊慌)

**56. She could sense her temper rising again.**

她感觉到自己的脾气又上来了。(if a feeling or emotion **rises**, you feel it more and more strongly 感情或情绪变得强烈)

**57. There was an atmosphere of rising excitement in the school.**

学校里的气氛越来越热烈。

**58. The doctor sounded optimistic and John's hopes rose.**

医生说得很乐观，约翰心中燃起了希望。

**59. The chairman rose from his chair and came forward to greet her.**

董事长从座位上站起身，上前迎接她。 (rise from the table / your chair从...站起身)

**60. He put down his glass and rose to his feet.**

他放下杯子站了起来。(rise to one's feet站起来)

**Day 7 (第61句-70句)**

**61. If you work hard, you will get your reward.**

努力就会有回报。

**62. The team have worked hard and their efforts have been rewarded with success.**

球队很努力，他们的付出收获了成功。(**be rewarded with sth:** to achieve something through hard work and effort 得到回报；获得奖励)

**63. Finally, Molly's patience was rewarded.**

莫莉的耐心终于有了回报。

**64. I leaped into the air with joy.**

我开心得蹦了起来。(with / for joy开心地；the look of joy on her face 她脸上的喜悦表情)

**65. She wept for joy.**

她喜极而泣。

**66. We heard screams coming from the flat.**

我们听到公寓里传出尖叫声。

**67. She saw the knife and let out a scream.**

她看到刀，发出一声尖叫。 (let out a scream of laughter / terror...发出...尖叫声)

**68. He fell back with a scream of terror and pain.**

他发出恐惧而又痛苦的尖叫声，往后倒去。

**69. "Get out!" she screamed.**

"出去!"她高声叫道。

**70. The police car approached, its siren screaming.**

警车鸣着警笛驶近了。

**Day 8 (第71句-80句)**

**71. Failing an exam was a new experience for me.**

考试不及格对我来说还是第一次。

**72. This romantic evening cruise is a memorable experience.**

这趟浪漫的乘船夜游是一次令人难忘的经历。(memorable / unforgettable experience令人难忘的经历)

**73. Harry dashed off before she had a chance to thank him.**

她还没来得及说声谢谢，哈里就匆匆离开了。(dash off: to leave somewhere very quickly 匆匆离开; dash into...冲进...)

**74. Olive dashed into the room, grabbed her bag, and ran out again.**

奥利芙冲进屋，抓起她的手提袋，又跑了出来。

**75. I glanced around me quickly. There was no one in sight.**

我扫视四周，看不到一个人影。

**76. "Shut up," Boris said harshly.**

"闭嘴。" 鲍里斯厉声说道。

**77. At last, he could relax for a while.**

他终于可以放松一下了。

**78. He examined her thoroughly, talking softly all the while.**

他给她作了彻底的检查，同时始终柔声细语地跟她交谈。(all the while始终,一直)

**79. She continued working, all the while keeping an eye on the clock.**

她继续工作，同时一直留神注意着时间。(keep an eye on...注意；留意)

**80. She hung her head, not sure how to reply.**

她垂下头，不知该如何回答。(hang your head to look ashamed and embarrassed 羞愧﹑尴尬地垂下头)

**Day 9 (第81句-90句)**

**81. Daphne had hung her head in shame.**

达夫妮羞愧地低下了头。

**82. Tears of gratitude filled her eyes.**

她眼里充满感激的泪水。

**83. She had a deep gratitude towards David, but she did not love him.**

她对戴维深怀感激，但是并不爱他。

**84. The committee expressed its gratitude for the contribution he had made.**

委员会对他所作的贡献表示感激。

**85. Will you let me take you out to dinner tomorrow in gratitude for what you've done?**

为了感谢你所做的一切，我明天请你吃晚饭好吗？(in gratitude for sth为了感谢...)

**86. She accepted his offer with gratitude.**

她满怀接受了他的帮助。(with gratitude感激地)

**87. When she saw his face, she was seized by fear.**

她一看到他的脸，就感到无比恐惧。(be seized with/ by terror/ desire...: to suddenly be affected by an extremely strong feeling 充满了恐惧/欲望等)

**88. "I owe my parents a lot," he admitted. "**

我非常感激我的父母。"他承认道。(owe sb a lot / owe sb a great deal非常感激...)

**89. He chased the thief, tripped him up, and grabbed the camera.**

他追上盗贼，把他绊倒后夺回了相机。(trip sb up绊倒)

**90. He tripped and fell.**

他绊了一下，摔倒了。

**Day 10 (第91句-100句)**

**91. Ruth hesitated, uncertain of how to combine honesty and diplomacy in her answer.**

露丝犹豫了，她不知道怎样回答才能既诚实又婉转。(be uncertain of ...不确定；不知道；combine...and/with...把...与...结合起来; 既...又...; diplomacy外交手腕 dɪˈpləʊməsi)

**92. a dazzling array of flowers**

一大片绚丽多彩的鲜花(dazzling 光彩夺目的;灿烂的ˈdæzliŋ He gave Alberg a dazzling smile.他冲着阿尔伯格粲然一笑)

**93. There was a vast array of colours to choose from.**

有各种各样的颜色可供选择。(a vast array of...大量的 əˈreɪ)

**94. Susan flushed deeply and looked away.**

苏珊脸涨得通红，目光转向别处。(sb flush deeply脸涨得通红flʌʃ; look away看别处)

**95. He flushed angrily.**

他气得满脸通红(flush angrily气得满脸通红)

**96. She felt a sudden flush of anger.**

她突然感到一阵愤怒。(a flush of anger/embarrassment/ excitement相当于 a sudden feeling of ...一阵愤怒、尴尬、兴奋等)

**97. I was overcome by an urge to cry.**

我控制不住想大哭一场。(if someone is overwhelmed by an emotion, they feel it so strongly that they cannot think clearly 感情上使人感到不能自持，使不知所措)

**98. Harriet was overwhelmed by a feeling of homesickness.**

哈丽雅特心中充满思乡之情，不能自已。

**99. The children were overwhelmed with excitement.**

孩子们激动万分。

**100. Grief overwhelmed me.**

我悲痛不已。