动作短语：

1. sit forzen in 浑身僵硬地坐
2. run to keep up with 跟着...跑
3. fight back tears 止住眼泪
4. with a lump in his throat 喉咙哽咽
5. his mind go blank 脑子一片空白
6. set about walking 启程
7. drop off to sleep 睡着
8. flood xx 充满，洒满
9. feel one’s spirits sink even lower发现情绪更低落
10. signal xx to be ... 示意xx。。。
11. spring to one’s feet(-sprang-sprung)跳起来
12. widen one's eyes with horror 惊恐地瞪大双眼
13. one's eyes are fixed on xx 目光紧盯着
14. glaced through 浏览xxx

神态表情：

1. half laughing,half crying 半哭半笑
2. xxx, hunderstruck 震惊（adi,可放在句末逗号后)
3. a sudden doubt come into one’s eyes眼中忽然露出一丝怀疑
4. eyes twinkled with delight 眼里闪着喜悦的光芒

短语

1.in the blink of an eye 一眨眼之间