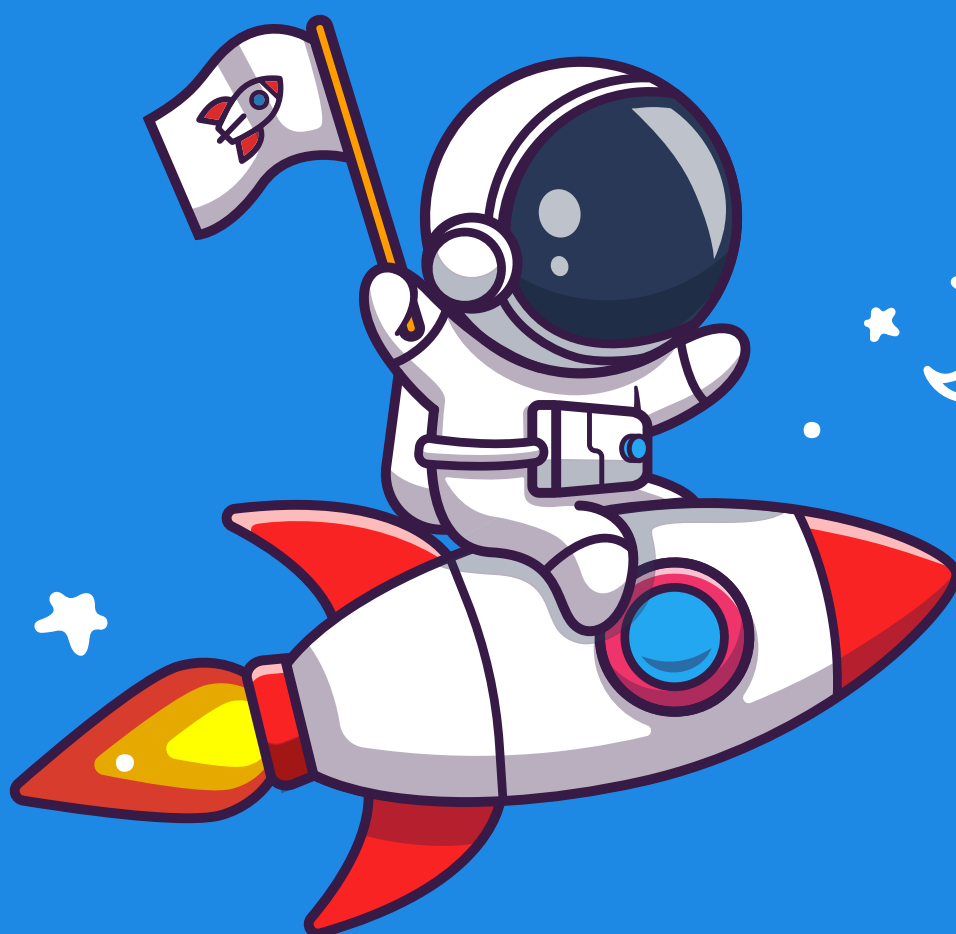


200 CỤM ĐỘNG TỪ
THƯỜNG GẶP NHẤT
TOEIC



• MỤC LỤC

1. PHRASAL VERB bắt đầu bằng A, B	1
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3. PHRASAL VERB bắt đầu bằng D, E	8
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8. PHRASAL VERB bắt đầu bằng R, S, T, U, W	23





1. Ask somebody out

mời ai đó đi hẹn hò

- He **asked her out** to dinner and a movie.

2. Ask around

hỏi mọi người về cùng một thứ

- I **asked around** but nobody has seen my wallet.

3. Add up to something

tương đương

- Your purchases **add up to** \$205.32.

4. Back up something

quay ngược, đảo chiều

- You'll have to **back up your car** so that I can get out.

5. Back somebody up

hỗ trợ ai đó

- My wife **backed me up** over my decision to quit my job.

6. Blow up

phát nổ

- The racing car **blew up** after it crashed into the fence.

7. Blow something up

bơm, thổi phồng

- We have to **blow 50 balloons up** for the party.

8. Break down

ngừng hoạt động (máy móc, xe cộ)

- Our car **broke down** at the side of the highway in the snowstorm.

9. Break down

cảm thấy suy sụp



- The woman **broke down** when the police told her that her son had died.

10. Break something down

phân tách thành nhiều phần nhỏ

- Our teacher **broke the final project down** into three separate parts.

11. Break in

đột nhập vào nhà

- Somebody **broke in** last night and stole our stereo.

12. Break into something

xông vào

- The firemen had to **break into the room** to rescue the children.

13. Break something in

làm cho cái gì thoải mái để mang

- The new shoes is so tight that they hurt my feet. I need to **break these shoes in** before we run next week.

14. Break in

can thiệp, làm gián đoạn

- The TV station **broke in** to report the news of the celebrity's death.

15. Break up

chia tay, chấm dứt mối quan hệ

- My boyfriend and I **broke up** before I moved to America.

16. Break up

cười lớn, cười nắc nẻ

- The kids just **broke up** as soon as the clown started talking

17. Break out

tẩu thoát



- The prisoners **broke out** of jail when the guards weren't looking.

18. Break out in something

nổi mẩn, gặp phải vấn đề về da

- I **broke out in a rash** after eating shrimps.

19. Bring somebody down

khiến ai đó cảm thấy buồn

- This sad music is **bringing me down**.

20. Bring somebody up

nuôi dưỡng trẻ con

- My grandparents **brought me up** after my parents died.

21. Bring something up

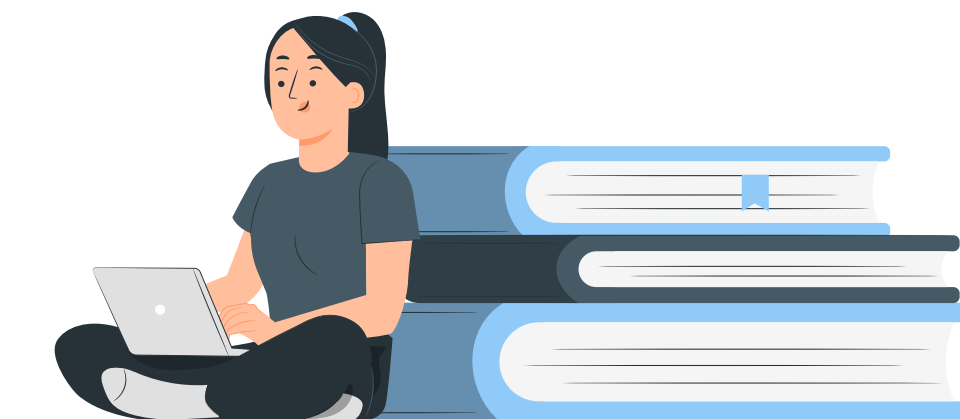
đề cập, khởi ra một chủ đề nào đó

- My mother walks out of the room when my father **brings up sports**.

22. Bring something up

nôn

- He drank so much that he **brought his dinner up** in the toilet.





23. Call around

gọi cho nhiều nơi, nhiều người khác nhau

- We **called around** but we weren't able to find the car part we needed

24. Call somebody back

gọi lại cho ai đó

- I **called the company back** but the offices were closed for the weekend.

25. Call something off

hủy bỏ

- Jason **called the wedding off** because he wasn't in love with his fiancé.

26. Call on somebody

hỏi ý kiến hoặc câu trả lời của ai đó

- The professor **called on me** for question 1.

27. Call on somebody

đến thăm ai đó

- We **called on you** last night but you weren't home.

28. Call somebody up

gọi điện

- Give me your phone number and I will **call you up** when we are in town.

29. Check in

đến xác nhận đăng ký phòng ở khách sạn hoặc lấy vé ở sân bay

- We will get the hotel keys when we **check in**.

30. Check out

trả phòng khách sạn



- You have to **check out** of the hotel before 11:00 AM.

31. Check somebody/something out quan sát kỹ càng, điều tra

- The company **checks out all new employees**.

32. Check out somebody/something nhìn ngó (không lịch sự)

- **Check out the crazy hair** on that guy!

33. Come across something đi ngang qua, tình cờ gặp cái gì

- I **came across these old photos** when I was tidying the closet.

34. Come apart chia tách

- The top and bottom **come apart** if you pull hard enough.

35. Come down with something bị ốm, bị bệnh

- My nephew **came down with chickenpox** this weekend.

36. Come forward đứng ra, xưng phong / cung cấp bằng chứng

- The woman **came forward** with her husband's fingerprints.

37. Come from some place xuất xứ từ đâu đó

- The art of origami **comes from Asia**.

38. Cut back on something tiêu thụ ít đi

- My doctor wants me to **cut back on sweets and fatty foods**.



39. Cut something down

chặt bỏ thứ gì đó

- We had to **cut the old tree in our yard down** after the storm.

40. Cut in

can thiệp, làm gián đoạn

- Your father **cut in** while I was dancing with your uncle.

41. Cut in

chặn sát đầu xe

- The bus driver got angry when that car **cut in**.

42. Cut in

bắt đầu vận hành

- The air conditioner **cuts in** when the temperature gets to 22°C.

43. Cut off something

cắt bỏ thứ gì đó bằng vật sắc nhọn

- The doctors **cut off his leg** because it was severely injured.

44. Cut off something

ngừng cung cấp

- The phone company **cut off our phone** because we didn't pay the bill.

45. Cut somebody off

ngừng mối quan hệ thân thiết với ai đó

- Why did you **cut Jeremiah off** like that? You used to be great friends.

46. Cut something out

cắt gì đó ra (thường là dùng kéo để cắt giấy)

- I **cut this ad out** of the newspaper.



47. Calm down

bình tĩnh lại sau khi vừa nổi nóng

- *You are still mad. You need to **calm down** before you drive the car.*

48. not care for somebody/something

theo kịp ai đó

- *I don't **care for his behavior**.*

49. Catch up

chặn sát đầu xe

- *You'll have to run faster than that if you want to **catch up** with Marty.*

50. Cheer up

trở nên vui vẻ hơn

- *She **cheered up** when she heard the good news.*

51. Cheer somebody up

làm ai đó vui

- *I brought you some flowers to **cheer you up**.*

52. Chip in

giúp đỡ

- *If everyone **chips in** we can get the kitchen painted by noon.*

53. Clean something up

lau dọn gọn gàng

- *Please **clean up your bedroom** before you go outside.*

54. Count on somebody/ something

dựa vào ai đó/ thứ gì đó

- *I am **counting on you** to make dinner while I am out.*

55. Cross something out

gạch bỏ



- Please **cross out** your old address and write your new one.



56. Do something over

làm lại một việc gì đó

- My teacher wants me to **do my essay over** because she doesn't like my topic.

57. Do away with something

loại bỏ

- It's time to **do away with all of these old tax records**.

58. Do something up

đóng lại, kéo khóa

- **Do your coat up** before you go outside. It's snowing!

59. Dress up

diện quần áo đẹp

- It's a fancy restaurant so we have to **dress up**.

60. Drop back

tụt hạng về một vị trí nào đó

- Andrea **dropped back** to third place when she fell off her bike.



61. Drop in/by/over

ghé qua mà không hẹn trước

- I might **drop in/by/over** for tea sometime this week.

62. Drop somebody/something off

để lại ai, cái gì ở nơi nào đó

- I have to **drop my sister off** at work before I come over.

63. Drop out

bỏ học

- I **dropped out** of Science because it was too difficult.

64. Eat out

đi ăn ngoài

- I don't feel like cooking tonight. Let's **eat out**.

65. End up

quyết định/ hành động/ điểm đến cuối cùng

- We **ended up** renting a movie instead of going to the theatre.





66. Fall apart

tan vỡ thành nhiều mảnh

- My new dress **fell apart** in the washing machine.

67. Fall down

ngã xuống mặt đất

- The picture that you hung up last night **fell down** this morning.

68. Fall out

rơi ra khỏi vật đựng

- The money must have **fallen out** of my pocket.

69. Figure something out

hiểu ra, tìm ra câu trả lời

- I need to **figure out** how to fit the piano and the bookshelf in this room.

70. Fill something in/ out

điền thông tin vào chỗ trống

- Please **fill in** the form with your name, address, and phone number.
- The form must be **filled out** in capital letters.

71. Fill something up

đổ đầy đến nắp

- I always **fill the water jug up** when it is empty.

72. Find out

khám phá ra

- We don't know where he lives. How can we **find out**?

73. Find something out

khám phá thứ gì đó

- We tried to keep the time of the party a secret, but Samantha **found it out**.



74. Get something across/ over

trao đổi, làm sáng tỏ

- I tried to **get my point across/over** to the judge but she wouldn't listen.

75. Get along/ on

hòa thuận, yêu mến nhau

- I was surprised how well my new girlfriend and my sister **got along/on**.

76. Get around

di chuyển linh động, nhanh nhẹn

- My grandfather can **get around** fine in his new wheelchair.

77. Get away

đi nghỉ

- We worked so hard this year that we had to **get away** for a week.

78. Get away with something

làm một việc gì đó mà không bị
bắt quả tang hoặc trừng phạt

- Jason always **gets away with cheating** in his maths tests.

79. Get back

quay lại

- We **got back** from our vacation last week.

80. Get something back

lấy lại một thứ đã từng có

- Liz finally **got her Science notes back** from my roommate.

81. Get back at somebody

phản công, phục thù ai đó

- My sister **got back at me** for stealing her shoes. She stole my favorite hat.



82. Get back into something lại quan tâm, hứng thú đến điều gì đó

- *I finally **got back into my novel** and finished it.*

83. Get on something

lên xe

- *We're going to freeze out here if you don't let us **get on the bus**.*

84. Get over something

phục hồi sau 1 căn bệnh,
mất mát hoặc khó khăn

- *I just **got over the flu** and now my sister has it.*

85. Get over something

vượt qua 1 vấn đề

- *The company will have to close if it can't **get over the new regulations**.*

86. Get round/ around to something

cuối cùng cũng có
thời gian làm gì đó

- *I don't know when I am going to **get around to writing** the thank you cards.*

87. Get together

gặp gỡ (thường là mục đích giao tiếp xã hội)

- *Let's **get together** for a BBQ this weekend.*

88. Get up

thức dậy

- *I **got up** early today to study for my exam.*

89. Give somebody away

tiết lộ thông tin, tố cáo ai đó



- His wife **gave him away** to the police.

90. Give somebody away

đưa cô dâu tới lễ đường thành hôn

- My father **gave me away** at my wedding.

91. Give something away

làm lộ bí mật

- My little sister **gave the surprise party away** by accident.

92. Give something away

cho không ai đó một thứ gì đó

- The library was **giving away** old books on Friday.

93. Give something back

đem trả một món đồ đi mượn

- I have to **give these skates back** to Franz before his hockey game.

94. Give in

ngừng đánh nhau hoặc tranh chấp một cách không dứt khoát

- My boyfriend didn't want to go to the ballet, but he finally **gave in**.

95. Give something out

phát cho nhiều người (không mất phí)

- They were **giving out** free perfume samples at the department store.

96. Give something up

từ bỏ 1 thói quen

- I am **giving up smoking** as of January 1st.

97. Give up

từ bỏ



- *My maths homework was too difficult so I **gave up**.*

98. Go after somebody

đi theo ai đó

- *My brother tried to **go after** the thief in his car.*

99. Go after something

theo đuổi để đạt được gì đó

- *I **went after** my dream and now I am a published writer.*

100. Go against somebody

thi đua, đối đầu với ai đó

- *We are **going against the best soccer team** in the city tonight.*

101. Go ahead

bắt đầu, tiến hành

- *Please **go ahead** and eat before the food gets cold.*

102. Go back

quay trở lại một nơi nào đó

- *I have to **go back** home and get my lunch.*

103. Go out

rời khỏi nhà, đi chơi

- *We're **going out** for dinner tonight.*

104. Go out with somebody

hẹn hò ai đó

- *Jesse has been **going out with Luke** since they met last winter.*

105. Go over something

kiểm tra lại

- *Please **go over your answers** before you submit your test.*



106. Go over

thăm ai đó ở gần đây

- *I haven't seen Tina for a long time. I think I'll **go over** for an hour or two.*

107. Go without something

trải qua sự thiếu thốn

- *When I was young, we **went without winter boots**.*

108. Grow apart

cách xa nhau dần qua thời gian

- *My best friend and I **grew apart** after she changed schools.*

109. Grow back

mọc lại

- *My roses **grew back** this summer.*

110. Grow into something

lớn lên đủ để phù hợp với thứ gì đó

- *This bike is too big for him now, but he should **grow into it** by next year.*

111. Grow out of something

quá lớn để phù hợp với thứ gì đó

- *Elizabeth needs a new pair of shoes because she has **grown out of her old ones**.*

112. Grow up

trưởng thành, lớn lên

- *When Jack **grows up** he wants to be a fireman.*





113. Hand something down nhường lại cho ai món đồ đã dùng rồi

- *I **handed my old comic books down** to my little cousin.*

114. Hand something in

nộp

- *I have to **hand in my essay** by Friday.*

115. Hand something out

phân phát cho một nhóm người

- *We will **hand out the invitations** at the door.*

116. Hand something over

giao nộp

- *The police asked the man to **hand over his weapons**.*

117. Hang in

giữ thái độ tích cực

- ***Hang in** there. I'm sure you'll find a job very soon.*

118. Hang on

đợi trong chốc lát

- ***Hang on** while I grab my coat!*

119. Hang out

vui chơi

- *Instead of going to the party, we are just going to **hang out** at my place.*

120. Hang up

dập máy

- *He didn't say goodbye before he **hung up**.*



121. Hold somebody/something back

ngăn ai đó/ thứ gì đó lại

- I had to **hold my dog back** because there was a cat in the park.

122. Hold something back

kiềm nén cảm xúc

- Jamie **held back his tears** at his grandfather's funeral.

123. Hold on

chờ trong chốc lát

- Please **hold on** while I transfer you to the Sales Department.

124 Hold onto somebody/something

giữ chặt, bám chặt

- **Hold onto your hat** because it's very windy outside.

125. Hold somebody/something up

cướp giật

- That man **held the bank up** this morning.

126. Keep on doing something

tiếp tục làm gì đó

- **Keep on stirring** until the liquid comes to a boil.

127. Keep something from somebody

không nói gì đó cho ai

- We **kept our relationship from our parents** for two years.

128. Keep somebody/something out

không cho vào, bắt ở ngoài

- Try to **keep the wet dog out** of the living room.

129. Keep something up

tiếp tục giữ nguyên phong độ



- If you **keep those results up** you will get into a great college.



130. Let somebody down

làm ai đó thất vọng

- I need you to be on time. Don't **let me down** this time.

131. Let somebody in

cho phép vào trong nhà

- Can you **let the cat in** before you go to school?

132. Log in/on

đăng nhập vào một website hoặc cơ sở dữ liệu

- I can't **log in** to Facebook because I've forgotten my password.

133. Log out/off

đăng xuất khỏi một website hoặc cơ sở dữ liệu

- If you don't **log off** somebody could get into your account.

134. Look after somebody/something

chăm sóc ai đó/ thứ gì đó

- I have to **look after** my sick grandmother.



135. Look down on somebody

coi thường, đánh giá thấp

- *Ever since we stole that chocolate bar your dad has **looked down on** me.*

136. Look for somebody/something

tìm kiếm

- *I'm **looking for a red dress** for the wedding.*

137. Look forward to something

cảm thấy phấn khích,
mong chờ gì đó ở tương lai

- *I'm **looking forward to the Christmas break.***

138. Look into something

điều tra, nghiên cứu

- *We are going to **look into the price of snowboards** today.*

139. Look out

cảnh giác, lưu ý

- ***Look out!** That car's going to hit you!*

140. Look out for somebody/something

cực kì cảnh giác
với ai đó / cái gì đó

- *Don't forget to **look out for snakes** on the hiking trail.*

141. Look over something

kiểm tra, xem xét

- *Can you **look over my essay** for spelling mistakes?*

142. Look something up

tìm kiếm thông tin trên
danh bạ hoặc cơ sở dữ liệu



- We can **look her phone number up** on the Internet.

143. Look up to somebody

ngưỡng mộ ai đó

- My little sister has always **looked up to me**.

144. Make up something

bịa đặt, nói dối về việc gì đó

- Josie **made up a story about** why we were late.

145. Make up

tha thứ, làm hòa với nhau

- We were angry last night, but we **made up** at breakfast.

146. Make somebody up

trang điểm cho ai đó

- My sisters **made me up** for my graduation party.

147. Mix up something

nhầm lẫn giữa hai hay nhiều thứ

- I **mixed up the twins' names** again!

148. Pass away

qua đời

- His uncle **passed away** last night after a long illness.

149. Pass out

bất tỉnh, ngất

- It was so hot in the church that an elderly lady **passed out**.

150. Pass out something

truyền tay nhau

- The professor **passed the textbooks out** before class.



151. Pass up something từ chối, bỏ qua (gì đó tích cực, tốt đẹp)

- *I **passed up the job** because I am afraid of change.*

152. Pay somebody back trả tiền nợ

- *Thanks for buying my ticket. I'll **pay you back** on Friday.*

153. Pay for something bị trừng phạt, trả giá vì làm điều gì đó xấu

- *That bully will **pay for being mean to my little brother**.*

154. Pick something out lựa chọn

- *I **picked out three sweaters** for you to try on.*

155. Point somebody/something out chỉ trỏ vào ai đó / cái gì đó

- *I'll **point my boyfriend out** when he runs by.*

156. Put something down đặt vật đang cầm xuống đất

- *You can **put the groceries down** on the kitchen counter.*

157. Put somebody down xúc phạm, làm ai đó cảm thấy ngu ngốc

- *The students **put the substitute teacher down** because his pants were too short.*

158. Put off something trì hoãn

- *We are **putting off our trip** until January because of the hurricane.*



159. Put something out

dập tắt

- The neighbors **put the fire out** before the firemen arrived.

160. Put something together

tập hợp, lắp ráp

- I have to **put the crib together** before the baby arrives.

161. Put up with somebody/something

chịu đựng

- I don't think I can **put up with three small children** in the car.

162. Put something on

mặc quần áo, đeo trang sức lên người

- Don't forget to **put on your new earrings** for the party.





163. Run into somebody/something

tình cờ gặp

- *I **ran into** an old school friend at the mall.*

164. Run over somebody/something

cán xe qua cái gì đó / ai đó

- *I accidentally **ran over** your bicycle in the driveway.*

165. Run over/through something

tập duyệt, tổng duyệt

- *Let's **run over/through** these lines one more time before the show.*

166. Run away

đào tẩu, bỏ chạy

- *The child **ran away** from home and has been missing for three days.*

167. Run out

hết mất, không còn

- *We **ran out** of shampoo so I had to wash my hair with soap.*

168. Send something back

gửi trả lại thứ gì đó

- *My letter got **sent back** to me because I used the wrong stamp.*

169. Set something up

sắp đặt, bố trí

- *Our boss **set a meeting up** with the president of the company.*

170. Set up somebody

lừa, gài bẫy ai đó

- *The police **set up the car thief** by using a hidden camera.*

171. Shop around

so sánh giá cả



- I want to **shop around** a little before I decide on these boots.

172. Show off

khoe mẽ, thể hiện

- He always **shows off** on his skateboard.

173. Sleep over

ngủ lại, qua đêm ở đâu đó

- You should **sleep over** tonight if the weather is too bad to drive home.

174. Sort something out

sắp xếp, giải quyết một vấn đề

- We need to **sort the bills out** before the first of the month.

175. Stick to something

tiếp tục làm gì đó, giới hạn bản thân trong một thứ cụ thể nào đó

- You will lose weight if you **stick to the diet**.

176. Switch something off

tắt thứ gì đó đi

- The light's too bright. Could you **switch it off**?

177. Switch something on

bật thứ gì đó lên

- We heard the news as soon as we **switched on** the car radio.

178. Take after somebody

giống một ai đó trong gia đình

- I **take after my mother**. We are both inpatients.

179. Take something apart

cố tình phá, tách một thứ gì đó thành nhiều mảnh



- He **took the car brakes apart** and found the problem.

180. Take something back

trả lại một vật gì đó

- I have to **take our new TV back** because it doesn't work.

181. Take off

cất cánh

- My plane **takes off** in five minutes.

182. Take off something

tháo bỏ thứ gì đó (quần áo, phụ kiện)

- **Take off your socks and shoes** and come to the lake!

183. Take something out

lấy , đem thứ gì đó ra

- Can you **take the garbage out** to the street for me?

184. Take somebody out

chu cấp cho ai đó đi đâu đó cùng mình

- My grandparents **took us out** for dinner and a movie.

185. Tear up something

xé vụn thành từng mảnh

- I **tore up my ex-boyfriend's letters** and gave them back to him.

186. Think back to/on

nhớ lại

- When I **think back on** my youth, I wish I had studied harder.

187. Think something over

cân nhắc

- I'll have to **think this job offer over** before I make my final decision.



188. Throw something away

vứt bỏ thứ gì đó

- We **threw our old furniture away** when we won the lottery.

189. Turn something down

vặn nhỏ âm lượng hoặc
cường độ của nhiệt, ánh sáng

- Please **turn the TV down** while the guests are here.

190. Turn something down

từ chối thứ gì đó

- I **turned the job down** because I don't want to move.

191. Turn something off

tắt đi

- Your mother wants you to **turn the TV off** and come for dinner.

192. Turn something on

bật lên

- It's too dark in here. Let's **turn some lights on**.

193. Turn something up

tăng âm lượng hoặc cường
độ của nhiệt, ánh sáng

- Can you **turn the music up**? This is my favorite song.

194. Turn up

xuất hiện đột ngột

- Our cat **turned up** after we put posters up all over the neighborhood.

195. Try something on

mặc thử đồ

- I'm going to **try these jeans on**, but I don't think they will fit.



196. Try something out

thử nghiệm

- I am going to **try this new brand of detergent out**.

197. Use something up

dùng hết

- The kids **used all of the toothpaste up** so we need to buy some more.

198. Wake up

tỉnh giấc

- We have to **wake up** early for work on Monday.

199. Warm up

khởi động

- I always **warm up** by doing sit-ups before I go for a run.

200. Work out

tập thể dục

- I **work out** at the gym three times a week.





*"Your talents and abilities will improve
over time, but for that you have to start"*
- Martin Luther King -



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