
薄荷阅读



《进阶迪士尼》短语合集

Day 1

an expedition into the lost world 深入“失落世界”的探险

stop in one's tracks (尤指因惊吓而) 突然停下

pin sth. onto 把...固定住/钉住

pick one's way 小心翼翼地走

Day 2

screw up his courage 鼓起勇气

prop up 支撑

cross your heart 发誓

heave a sigh of relief 放心地叹了一口气

a piece of pottery 一件陶器

Day 3

tuck sth. into sth. 把...塞入...

putter around sp. 在某处闲逛

make my position to sb. quite clear 跟某人把立场讲清楚了

shuffle over to do ...慢悠悠地走过去做...

shut the door in sb's face 当着某人的面把门摔上

Day 4

start over 从头开始

bounce up and down with excitement 激动地上蹿下跳

make sth. up 编造

catch one's attention 吸引某人注意力

roll up (尤指汽车迟到) 到达

drop sb. off 让某人下车

on the case 负责处理某问题

just as bad 和...一样坏

Day 5

most of all 最重要的是

work late into the night 熬夜

can't do anything but do ...除了做...做不了其他任何事

roll one's eyes 翻白眼

for one thing, for another 一方面, 另一方面

for dear life 拼命地

collect oneself 使自己镇静/集中思想

Day 6

bustle past on the street 在街上忙碌穿行

be about to do 刚要做...

struggle to one's feet 挣扎着站起来

it is a cinch 小事一桩

catch sight of sth. 看到...

slam against 猛地撞到...

out of the corner of one's eye 用眼角余光看

Day 7

wind pick up 风变大

hoist sb. up 吊起某人

sign off on 赞同

chase ... at top speed 全速追...

close in 包围

Day 8

none of my concern 不关我事

take the bird by the wing 抓着鸟的翅膀

fiddle with 摆弄

be in charge 掌控

catch oneself 发觉自己讲错而突然住嘴

Day 9

mistake A for B 把 A 错认成 B

go haywire 出毛病，出问题

send sb. on a mission 派某人完成...任务

hold sb. prisoner 把某人扣押

fall to one's knees 跪下

Day 10

seethe with menace 充满了威胁

crack up 突然大笑

grit one's teeth 咬紧牙关

latch on to 缠住...不放

wobble and tilt 摇晃倾斜

be stuck with sb. 摆脱不了某人，甩不掉某人

do the trick 奏效，达到预期效果

Day 11

fiddle with 不停摆弄

frown at sth. 皱眉看着...

take a deep breath 深吸一口气

catch one's eye 吸引某人注意力

head off toward... 动身去...

Day 12

to make matters worse 更糟的是

a pack of dogs 一群狗

be the bee's knees 出类拔萃的人或事

perk up 使...振奋

give sb. the nickel tour 带某人四处转转

sneer with satisfaction 满意地讥笑

Day 13

poke around 四处闲逛

be entranced with 对...入迷

cast a glance at 瞥一眼

dart down 冲下

close in on 包围，逼近

scoop up sb. (敏捷地) 接住，抱起

smoke sb./sth. out of 用烟把...熏出来

be hot on sth. 对...很热切

sink into sth. 陷入...

Day 14

let out a grunt 咕哝了一声

pick at sth. (用手) 抓弄, 扯拉

slam sth. against 把...狠狠砸在...上

flip a switch 打开开关

look out over 俯瞰

be in good shape 身体状态良好

Day 15

give away 放弃

slink away 灰溜溜地走开

boil with anger 怒火中烧

see sth. as 把...当作

zoom away 缩小, 淡出视线

Day 16

tip over 翻倒

cling to sth. 紧紧抓住

slide across 划过

leave sb. alone 留下某人一个人

let sb. down 让某人失望, 辜负某人

Day 17

hang / hold on to 抓紧

let go of 放手

brace oneself 做好准备

be beat up 残破的
the call of duty 职责要求

Day 18

fall in love with 爱上
devote oneself to doing 献身于
live a happy life 过幸福的生活
keep sb. from doing sth 阻止某人做某事
keep sb. doing sth. 让某人一直做某事
as adj. as sb. can do / as adj. as possible 尽可能怎么样
take the reins 掌控局面
step up to 走上前去
a little bundle of joy 快乐的小天使
heat ... up 加热
be content to do 愿意做某事
turn something upside down 完全颠覆
even the score 摆平，结清宿怨

Day 19

fall over 降临
look on the bright side 看向积极的一面
be off to a good/bad start 有好的/坏的开始
stress out 使...非常焦虑
set up 安装好
not...until...直到...才...
be supposed to do 应该做某事
come up with 提出
turn the situation around 扭转局面

add to 加入
a whole lot of 许多
in reverse 反向
good going 干得好
come off 脱落

Day 20

take control of 控制
change one's mind 改变主意
have a hard time doing something 做某事有困难
focus on 专注于
out of trouble 远离麻烦
stress out 紧张
skip school 逃学
calm down 冷静
hold on 坚持住
under a lot of pressure 在很大压力下

Day 21

head off to 前往
keel over 倒下
in charge of 掌控
be supposed to do 应该做...
be bursting with 充满...
come up with 想出, 提出
scribble in 潦草的写在...
blend in 融入
come in handy..派上用场

kneel down 跪下

have...on 穿上..

chat away 闲谈

take in 观察，观看

tons of 大量的

walk up the steps 走上台阶

make the call on something 做决定

Day 22

trail off (声音等) 逐渐变弱

flip out 疯掉

well up with tears 泪如泉涌

yank...out 把...拽出

bump into 撞击

snatch up 抓起来

slip out of 从...滑出

wipe away 擦除

can't help doing 忍不住做..

in awe 敬畏地

shoot out of 冲出

Day 23

hop out of 从...跳出

plug in 插入

back to normal 回归正常

a sense of urgency 紧迫感

come to a decision 做决定

roll one's eyes at 对...翻白眼

take aback 使...吃惊, 惊吓

I am done 我受够了

click off 关掉

raise one's eyebrow 竖起眉毛(表示吃惊、不信或轻度反对)

march up to 走向

be steamed up 发怒

pick up on 注意, 留意

work himself up 使...激动

slam the door 猛地关上门

Day 24

cheer sb. up 让某人开心起来

start up 启动

roll over 翻身

crumble away 崩溃

stare out 凝视

break off 折断

manage to do 设法完成某事

set off 出发

Day 25

out of breath 喘不过气来

clear up 清理

crack up 哈哈大笑

mind reading 心灵感应

slam down 使劲往下放

hang up on 挂断电话

Day 26

fall apart 土崩瓦解
walk up to sb. 走向某人
be intent on doing sth. 专注于做某事
lock eyes with 锁定目光
get away 逃脱
pots and pans 坛坛罐罐
let out 发出
end up doing 以.....告终
trip over 被.....绊倒
munch on 津津有味地咀嚼
run into 偶然碰到

Day 27

peer into 往.....仔细看
burn out 烧尽
float up 浮起来
marvel at 对.....很惊奇
turn on 开启
fall off 脱落
topple over 跌倒
pull into (车) 进站
squeeze through 挤过去

Day 28

shower with 大量给予
rip off 撕掉
lean against 背靠着

strike a pose 装腔作势

hockey rink 冰球场

rack one's brain 绞尽脑汁

jam into 使塞进

shoot out 射出

hang on 稍等片刻

you're up 轮到你了

figure out 算出

knock into 与.....相撞

blast out 爆破

push off 推开

collapse to the ground 瘫倒在地

use your words 好好说, (别动手)

Day 29

throw down 扔掉

rush off 冲出

knock over 撞到

tear down 拆毁

run after 追赶

fire up 发动

make faces 扮鬼脸

start up 发动

rant about 痛斥

sleep on [口语]把...留待第二天决定

Day 30

drift off 迷迷糊糊地睡去

on break 休息期间
come up with 提出
hop off 离开
out of town 乡下
pull sb. away 拉走某人
catch up with 追赶上
rummage through 翻找
phony-looking 假冒的
flash on 灯光亮起来
pop quiz 突击测验
rain down 大量降下
fall out 脱落
tilt down 向下倾斜
flip through 浏览
pour down 倾盆而下
a storm of 一阵

Day 31

perk up 振作精神、活跃起来
knock into 撞上
spit out 吐出
plot line 情节
scamper away 匆匆跑开
candy wrapper 糖果包装纸
peer at 凝视
give sb. the creeps 让人心里发毛
pry open 撬开
hold breath 屏气

slip through 溜走

Day 32

pull out 拔出

pass out 昏迷

bolt up 猛地坐起

smash up 击毁

rush off 匆匆离开

leave behind 留下

stomp off 跺脚离开

pull up 调出（网页或者视频）

look through 逐一查看

playoff game 季后赛

Day 33

on the phone 在打电话

moving company 搬家公司

back and forth 来回

tip over 翻倒

break apart 破裂

suck up 吸上去

break off 脱落

jostle against each other 互相推搡

Day 34

flip through 浏览

might as well 倒不如

reach for 伸手够

soar into 飞到

look over 检查

Day 35

break apart 破碎

pass over 越过

drift away 飘走

catch up with 追上

pluck off 拔掉

scoop up 抱起来

turn on 启动

pour out 倾倒入

conveyor belt 传送带

Day 36

parallel to 平行于

take a deep breath 深吸一口气

bounce off 反弹

light up (使)快活

up to 取决于

in unison 一致地

flicker off 闪烁

march up 向某处前进

get off 下车

dumb down 降低...的难度

Day 37

side by side 并肩
light up 变亮
check out 检查
hockey rink 冰球场
words of wisdom 至理名言，忠告
look over one's shoulder 回头看
high-five 举手击掌
along with 连同

Day 38

field trip 实地考察
lean over 倾斜
make the best of 好好利用
can't help doing 情不自禁地做某事
turn away 转过脸去
pair up 结对
high-five 击掌
tug on 拉着
catch up with 赶上
fall behind 落后
strain for 为.....尽力
sneak (过去式在美国口语中为 snuck) up 溜过去

Day 39

step over 跨过
warm up 做热身运动，做准备
adjust to 适应

spring up 跃起

blend in with sth. 和某物交融在一起

flash cards 识字卡

Day 40

whizz by 飕飕开过

catch a glimpse of 瞥见一眼

pop up 突然露面

light (过去式 lit) up 点亮

take a deep breath 深呼吸一口

pick up 拿起

give away 暴露

Day 41

drop by 顺便拜访

go for sth. 尝试

pick teeth 剔牙

tack up 贴出

pull out 拔出

take chances 碰运气

dive into 投入

pop up 突然出现

Day 42

kneel down 跪下

bump and buck 上下碰撞

watch out 小心

run over 撞倒

roll one's eyes 翻白眼

up and down 上上下下

pass by 经过

dash over 冲过去

set up 设立

pull off 做成（某件难事）

hang out with 与...出去玩

Day 43

pay off 取得收获

well done 做得好

thumbs-up 竖起大拇指

fire up 激励，鼓励

deliver on 履行，实现

a nasty look 臭脸

Day 44

warm up 做热身运动

let out 发出

back down 让步

face off against 和.....对抗

bump into 无意中碰到

face to face 面对面

a sigh of relief 松了口气

under one's breath 低声地说

Day 45

glare at 怒视

out of my way 别挡我

sign up 报名参加

kick out 开除

pack up 打包

move on 继续

shut down 关闭

burst out doing 突然爆发出

rise from 发出

Day 46

back on track 重回正轨

start off 开始

pop up 冒出来

take control of 掌控

switch on 打开

go out 熄灭

Day 47

come on 点亮

carry on 继续

look out for 照顾

make up one's mind 下定决心

scurry away 匆匆跑开

roll over 翻滚

sewer drain 下水道

be strewn with 遍布

Day 48

neck and neck 并驾齐驱

catch up 赶上

barrel through 迅速穿过

bump into 无意碰到

run out 耗尽

line up 排队

swell up 膨胀

pull one's weight 齐心协力

roll one's eyes 翻白眼

make a face 做鬼脸

on board 支持

Day 49

walk off 离开

spring up 冒出

be under way 正在进行中

toss out 扔出去

hold a breath 屏住呼吸

hold up 举起

brace for 为.....做好准备

in a rage 暴怒

Day 50

move on 继续

pull up 停车

pull away 开走

pass up 放弃

take on 较量

be packed with 挤满
stay up late 熬夜/睡得晚
on behalf of 代表

Day 51

raise money 集资
be plastered with 被贴满
hold up 停一下
rack up 多次赢得 (比赛)
in mint condition 崭新的
let out 发出

Day 52

out of breath 上气不接下气
fall behind 落后
a heart attack 心脏病发作
pile in sth. 挤入
buckle up 系好安全带
catch up to sth. 追上
a thumbs-up 竖起大拇指
steely-eyed 火眼金睛

Day 53

break up (人群) 解散
high-five 击掌
throw off 放弃

Day 54

swoop down 俯冲而下
sneak(过去式 snuck) up 偷偷接近
fall behind 落后于
loom up 隐隐出现
knock off 击倒
blend into 和...融合到一起
wind down 平静下来
pull away 脱身

Day 55

mess with something 胡乱摆弄某物
storm off 气呼呼地跑开
crowd around 聚拢
catch up with 追赶上
a disgrace to someone / something 令...不耻
off campus 离开学校，在校外
prove to somebody 向某人证明
break into 闯入
plow through 奋力穿过
hold sb. back 阻止某人
leave sth. to sb. 把某事交由某人处理
pounce on 扑向

Day 56

flunk a test 未通过考试
get kicked out 被开除
let sb. down 让某人失望

take off 离开

go out (灯) 熄灭

death sentence 死刑

turn on 打开

window shutter 百叶窗

topple over 倾倒

loom over 赫然耸立

Day 57

mess up 搞砸了

keep in touch 保持联系

come up with 想出(办法)

make deal with 达成协议

not even a little 一点都没有

can't help but do 忍不住做某事, 不得不做某事

keep an eye out for 留心