

1. turn up (声音)调大
turn down (声音)调小
2. a waste of time 浪费时间
3. happen to sb. 某人发生了...
4. arrive back from vacation 度假回来
= return from vacation
5. a day earlier than expected 比预期早一天
6. can't wait to do sth. 迫不及待地做某事
can't help doing sth. 情不自禁地做某事
can't help (to) do sth. 不能帮助做某事
Can't help but do sth. 不得不做某事
7. be supposed to 应该; 人们普遍认为
8. look around 环顾
9. do with (与 what 连用) 处理; 应付; 涉及
deal with (与 how 连用) 处理;
10. be in a mess 乱七八糟
mess up 弄乱
11. leave sb. in charge 让某人负责
be in charge of 负责...
be in the charge of 由...负责
take charge of 负责
free of charge 免费
12. act like 行为表现得像
13. make decisions 做决定
14. be starving for 非常饿想吃...
be starving/starved for/of... 缺乏...;想得到...
15. bend... to... 迫使...; 屈服于...
bend one's mind/ efforts to sth. 致力于...
16. tolerate +n./pron./V-ing 容忍; 允许
=stand; bear; put up with
be tolerant of 对...容忍
(tolerant adj. 容忍的)
17. shout at sb. 对某人大吼大叫
18. be one's fault 是某人的错
find fault with sb. 找茬; 对某人吹毛求疵
19. run into 跑进;
偶遇=run across, come across, meet with
20. go out (灯)熄灭; 过时
21. a chance to do sth. 做某事的一个机会
22. defend oneself 申辩
defend sb. from/against sth.
保护某人免受某事之害
23. deserve to do sth. 值得做某事
deserve doing sth.= deserve to be done
某事值得被做
(主动表被动, 类似的词: need, want, require, deserve. "三个需要够你受")

24. have no time to do sth. 没有时间做某事
25. instead of 代替; 而不是
26. be hard on= be strict with 对某人严厉
27. now that 既然; 由于
28. be rude to 对...粗鲁
29. feel like 感觉; 想要做+V-ing
30. think of... as= regard/consider...as 把...视作...
31. look full of life 看上去活力十足
32. a piece of cake 小菜一碟
33. a wet blanket 扫兴的人; 泼冷水的人
34. all ears 认真听, 仔细听
35. pull my leg 开某人的玩笑
36. keep sth. in mind 记住某事; 把某事放在心上
37. make sure 确保; 确信
38. show sympathy to 对...表示同情
39. be proud of sb. 以某人感到自豪、骄傲
40. a little bit= a bit 后接 adj./adv. 一点儿
41. stay up 熬夜; 不睡觉
42. do a good job 干得漂亮
43. be nervous about 对...感到紧张
44. after all 毕竟, 终归
45. at present= at the moment=recently 目前
46. ask for advice 寻求建议
47. refuse to do sth. 拒绝做某事
48. treat sb. well 对某人好
49. act as if 表现得像...
50. insist on 坚持
insist(坚持要求)+that 从句(虚拟语气, should+V 原)。类似的词有:
一个坚持: insist
两个命令: order, command
三个建议: suggest, advise, propose
四个要求: ask, demand, require, request
51. depend on= rely on 取决于, 依赖于
52. It is+adj.+of/for sb. to do sth. 对某人而言, 做某事是怎么样的
53. keep up with 跟上, 赶上; 和...保持联系
54. help sb. With sth. 帮助某人某事
55. get along (well) with sb. 与某人相处(融洽)
56. be annoyed with sb. 对某人生气, 恼怒
57. forbid sb. from doing sth. 禁止某人做某事
=prohibit/ stop/ prevent sb. from doing sth.
58. go through 经历; 遭受
59. day by day 逐日, 一天天
60. out of control 失控
lose control of 失去对...的控制
be in control of 控制
be in the control of 由...控制