

托福听力必背 120 个重要习语

- 1、 above all - most importantly
- 2、 account for - explain
- 3、 as a matter of fact - in fact ,to speak the truth
- 4、 as a rule - generally ;normally
- 5、 about to - be ready to;be on the point of doing something
- 6、 an old hand - be an experienced persom
- 7、 any day now -soon
- 8、 approach sb -talk to sb
- 9、 be fed up with - be out of patience with
- 10、 be on one's own - live independently
- 11、 be on the safe side - take no chances
- 12、 be out of something - have no longer in supply
- 13、 be tired of - be bored with ,frustrated with
- 14、 be up to ones'ears - be extremely busy
- 15、 be up to someone -be a person's responsibility
- 16、 be out for -trying to get
- 17、 be out of the question - be unacceptable ,impossible
- 18、 bite off more than one can chew - take on more than onecanhandle

- 19、 break down - cease to n
- 20、 break the ice - begin to be friendly wuth people onedoesn'tknow 21、 break the news - inform or give bad news
- 22、 brush up on - imporve noe's knowledge of somethingthroughstudy
- 23、 bump into - meet unexpectedly
- 24、 by and large - in general
- 25、 by heart - by memory
- 26、 by all means - absolutely ,definitely
- 27、 by no means - in no way
- 28、 call off -cancel
- 29、 cheer up - be happy
- 30、 come down with - become sick with
- 31、 come into -receive,especially after another's death
- 32、 come up with - think of
- 33、 count on - depend upon
- 34、 count out - eliminate
- 35、 die down - become quiet ,become less
- 36、 do without - manage without something
- 37、 drop by - visit informally; pay a short visit
- 38、 every other - alternate

- 39、 fall behind - lag; fail to accomplish something on time
- 40、 fall through - fail to happen or be completed
- 41、 far cry from - completely different from; a long way
- 42、 feel like - have a desire or wish for
- 43、 feel up to - feel well enough to or be capable of
- 44、 few and far between - not happening often; rare
- 45、 figure out - determine; reason out by thinking
- 46、 fill in for - take another's place
- 47、 fill sb. in - tell what sb. should know
- 48、 fish out of water - out of one's element or natural environment
- 49、 flying colors - success, victory
- 50、 for good - permanently; forever
- 51、 for the time being - for now; temporarily
- 52、 get away with - escape without punishment
- 53、 get rid of - give something away; sell, destroy, or throw away something
- 54、 get the ball rolling - start something; make a beginning
- 55、 get the hang of - understand; learn
- 56、 give a hand - help
- 57、 go without saying - understood; clear without needing to be stated
- 58、 go off - begin to ring

- 59、 hang on - keep hold of; persevere;keep doing something
- 60、 hard to come by - difficult to obtain
- 61、 have a heart - have kind feelings; be understanding
- 62、 have a hunch - have an idea based on feelings ratherthanreason
- 63、 hold off - delay;postpone
- 64、 hop to it - get started on something quickly
- 65、 hit it off - get along well with someone
- 66、 ill at ease - uncomfortable
- 67、 in hot water - in trouble
- 68、 in the air -uncertain
- 69、 in the dark - keep someone without knowdge; informationfromsomenoe
- 70、 in the lone run - looking toward the future; eventually
- 71、 ins and outs - all the details; the various parts anddifficultiesto be seen
- 72、 iron out - remove the difficulties or find an answer for
- 73、 jump to conclusions - arrive too quickly at a decisionoropinion
- 74、 keep an eye on - watch closely
- 75、 keep one'sfingers crossed - wish that nothing goes wrong
- 76、 keep on one's toes - be ready for action; prepared
- 77、 knock oneself out - make a great effort
- 78、 learn the ropes - learn the rules and routines of a placeoractivity

- 79、 little by little -gradually
- 80、 make ends meet - to get just enough money for noe's needs
- 81、 make out - manage;get along
- 82、 mean to - intentional; on purpose
- 83、 might as well - to have no strong reson not to
- 84、 next to nothing - almost nothing; very inexpensive
- 85、 not to mention - in addition
- 86、 off balance - unaware; off guard
- 87、 on the go - working or doing something all the time
- 88、 on pins and needles - nervous; anxious; full of anticipation
- 89、 on purpose - deliberately; intentionally
- 90、 on the blink - not working properly;broken
- 91、 on the center track - thinking or doing something correctly
- 92、 on the tip of noe's tongue - to be about to remr somthing
- 93、 once in a blue moon - rarely; almost never
- 94、 out of it - not involved in
- 95、 pick up the tab - pay the bill or the cost of something
- 96、 piece of cake - easy
- 97、 play by ear - act spontaneously; without planning
- 98、 pill it off - accomplish

- 99、 pull one's leg - make fun of someone in a playful way; make someone believe something that is not true
- 100、 quite a few - many
- 101、 raise the roof - angry
- 102、 center away - immediately
- 103、 run for office - compete for an elected position
- 104、 save one's breath - to keep silent because talking would not achieve anything
- 105、 say that again - a saying that means; I agree completely
- 106、 stone's throw - short distance
- 107、 search me - an answer that means; I don't know
- 108、 serves one center - is deserving of
- 109、 sleep on it - think about something for a while
- 110、 straighten up - clean up; make tidy
- 111、 take a break - rest for a while; stop one's work or activity
- 112、 think nothing of it - that's all center
- 113、 throw cold water on - discourage; lessen enthusiasm for
- 114、 to say the least - at the lowest estimate
- 115、 touch on - mention a subject briefly
- 116、 under the water - not feeling well
- 117、 wait around - waiting in vain

118、wait on - attend as a servant;serve

119、well worth the trouble - it deserves the inconvenience or trouble

120、whole new ballgame - an entirely different situation

121、with flying colors - succeed very well

122、without a hitch - without difficulty or delay