

《有关up和down的俚语，butter up和黄油可没关系！》

These are the most common IDIOMS with UP and DOWN used in English:

以下是英语中最常用的含有up和down俚语：

UP

关于up的俚语

act up = to misbehave

行为不当

My son used to act up every day when he was little.

我儿子小的时候，每天都要调皮捣蛋。

bottle up = stay hidden

避而不谈

He would rather bottle up rather than solve the problems at work.

他宁愿避而不谈也不愿解决工作中的问题。

break up = end a relationship

分手

Jessica just broke up with her boyfriend.

杰西卡刚和男朋友分手。

back up = to copy something as a security measure

安全备份

My computer crashes three times this week, so I need to back up all my data now.

这周我的电脑死机三次，所以我现在需要备份所有数据。

blow up = to get angry very fast

发脾气

Mr. Moore blows up almost every class because Jack is always late.

因为杰克总是迟到，摩尔先生几乎把每节课都搞砸了。

brighten up = to make cheerful, happy

使高兴；使高兴

My sister tried to brighten up my day when I was feeling said.

当我感觉有人说的的时候，我姐姐试图让我的一天变得愉快。

butter up = to flatter

奉承

She always butters up her boss when the new job position is available.

当新的工作职位空缺时，她总是奉承她的老板。

catch up = to share news with someone

跟某人分享新闻

I haven't seen him for such a long time, and it was great to catch up.

我好久没见他了，能赶上他真是太好了。

chat up = to have a light, friendly conversation

聊天=轻松友好的交谈

She went to that bar only because she liked chatting up with the handsome bartender.

她去那家酒吧只是因为她喜欢和英俊的酒保聊天。

come up with = think of something, a plan or an idea

想出某物、计划或想法

We have to come up with a plan!

我们必须想出一个计划！

cover up = to hide, conceal

遮掩

Even in court, he still tried to cover up everything that he did.

即使在法庭上，他仍然试图掩盖他所做的一切。

doll up = to dress formally, to dress for a special occasion

打扮

My mom needs to doll up before her birthday party.

我妈妈需要在生日聚会前打扮一下。

dress up = to have very nice clothes on

穿上漂亮的衣服

Alicia always liked to dress up for her dates.

艾丽西娅总是喜欢盛装赴约。

eat up = to believe immediately

立刻相信

He ate up everything that his psychologist told him.

他相信心理学家告诉他的一切。

end up – to turn out, conclude

最后——结果是，得出结论

He ended up working at his father's company.

他最后在他父亲的公司工作。

fix up = to make right, adjust

纠正

Melissa fixed up her dress before going out.

梅丽莎出门前把衣服整理好。

give up = surrender, admit failure

放弃=投降，承认失败

I will never give up.

我永远不会放弃。

head up = to lead, to take charge

领导，负责

You have to head up all the meetings today.

你今天必须主持所有的会议。

hold up = to wait, to delay

等待，延迟

What ' s holding up the presentation?

什么阻碍了演示？

hung up = thinking or worrying about someone/something

挂掉，挂掉

She was too hung up about her wedding.

她太沉迷于婚礼了。

juice up = to charge

充电

I have to juice up my laptop because the battery is dead.

我得给笔记本电脑充电，因为电池没电了。

keep up = to continue

继续

Keep up the good work everyone!

大家继续努力！

kiss up to = to show false flattery

亲吻

Everyone knew she was kissing up to the boss to get a better job.

每个人都知道她是为了找一份更好的工作而和老板接吻。

line up = have something/someone ready

排队=准备好东西/某人

Do you have any food lined up?

你有排队的食物吗？

loosen up = to relax

放松

You have been very stressed lately – you have to loosen up.

你最近压力很大，你必须放松。

make up = to reconcile after a quarrel/fight

和解

I can ' t stay mad at you anymore, let ' s make up?

我不能再生你的气了，我们和好吗？

mess up = to make a mistake, to ruin

弄糟

He totally messed up the cake.

他把蛋糕弄得一团糟。

roll up one's sleeves = to prepare to work

卷起袖子=准备工作

He rolled up his sleeves, and started packing.

他卷起袖子，开始收拾行李。

round up = to collect or gather something

收集某物

Round up the employees for the meeting!

召集员工参加会议！

screw up = to ruin, to make a mess

搞砸，弄乱

He totally screwed up on his exam.

他考试考砸了。

sign up = to commit oneself to a period of employment/education

致力于一段就业/教育时期

Kevin signed up for his first Psychology course online.

凯文在网上报名参加了他的第一个心理学课程。

speed up = to make something go faster

加速

You have to speed up your car if you want to be there on time.

如果你想准时到那儿，你必须加快车速。

split up = to separate, to break apart from the group

分开

They had to split up in order to find Jimmy.

为了找到吉米，他们不得不分开。

suck up = flatter someone excessively

过分奉承

He sucked up to the teacher only to get a better grade.

他为了得到更好的成绩而向老师讨好。

take up = occupy time, space, attention

占用时间、空间、注意力

It ' s going to take up too much time.

要花太多时间。

tied up = very busy

非常忙碌

He is always tied up with work.

他总是忙于工作。

think up = to invent or imagine something

思考

We have to think up an excuse for why we didn ' t go to school.

我们得想出一个不上学的理由。

up the creek = to be in serious trouble

遇到严重麻烦

If I don ' t pay the bill by tomorrow, I will be up the creek.

如果我明天不付款，我就要麻烦了。

wind up = end up in a specific situation, place

在特定情况下结束，地点

I never thought I would wind up in Australia.

我从来没想到我会去澳大利亚。

DOWN

关于down的俚语

back down = to take a less aggressive position

采取不那么激进的立场

I was about to win the argument, but I had to back down.

我本来想赢得这场争论，但我不得不放弃。

break down = to become unstable due to stress

因压力而变得不适

She broke down today at work, so she took a day off.

她今天上班时身体不适，所以请了一天假。

calm down = to become less excited

冷静下来

Please, calm down before you hurt somebody.

请在你伤害别人之前冷静下来。

clamp down on = to end something

结束某事

We have to clamp down on illegal businesses.

我们必须取缔非法生意。

close down = to stop trading as a business

关闭=停止作为企业进行交易

Their company will close down soon.

他们的公司很快就会倒闭。

cool down = to become less agitated

冷静下来

Wait till he cools down, and then apologize to him.

等他冷静下来，然后向他道歉。

dress down = to scold

盛装训斥

Jessica was just dressing down the employees.

杰西卡只是敷衍员工。

dumb down = to convey something in simple words

用简单的语言表达某物

She couldn't understand the teacher, so he had to dumb down the explanation for her.

她听不懂老师的话，所以他只好把解释给她听。

flag down = to get someone's attention

引起某人的注意

You really have to flag down; otherwise, she won't even look at you.

你真的要退缩，否则她甚至不会看你。

go down = to change from greater value to lesser

从较大值变为较小值

The prices really went down this month.

这个月物价真的下跌了。

hands down = easily, without too much effort

容易，不需要太多的努力

He finished the test in 10 minutes hands down.

他在10分钟内亲手完成了测试。

hunt down = to find with difficulty

很难找到

It was hard to hunt down all the suspects.

很难找到所有的嫌疑犯。

jot down = to make a note

记下

Can you jot down the main ideas from the meeting, please?

请你把会议的主要想法记下来好吗？

keep down = to stay quiet

保持安静

Jack, can you keep it down, we are trying to sleep?

杰克，你能不能小声点，我们在睡觉？

man down = to lose courage

失去勇气

You cannot man down when it comes to you family.

当涉及到你的家庭时，你不能屈服。

I cannot understand your main idea, can you narrow it down, please?

我不能理解你的主要想法，请你缩小范围好吗？

settle down = to establish a lifestyle, to marry

安定下来

Julie and Jack finally settled down.

朱莉和杰克终于安顿下来了。

shut down = to end, to close

关闭

We have to shut down the party, because it ' s getting late.

我们得把聚会关掉，因为天要晚了。

turn down = to refuse, to decline

拒绝

Unfortunately, they turned down our offer.

不幸的是，他们拒绝了我们的报价。