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五十大习语

在英语中，有这么一种词汇表达，叫做习语。乍眼一看，很难理解这些表达的意思。如：
a walk in the park。在公园里走路？？？是什么鬼？？？这其实是“简单”的意思。我们可以讲：Cooking is a walk in the park to me. 再如：in the pink。在粉色中？？？这个表达的意思是“身体健康”。其实，我们中文也会说：“你看你这小脸儿，红扑扑儿、粉嫩嫩的。”

习语就好像我们中文的成语一样，在一个人说话自然流畅的前提下，偶尔使用一两个，会给人一种此人用词非常地道、语言水平很高的感觉。在本小节中，我们学习五十个（组）在雅思口语考试中非常实用、非常加分的习语。

1. take a load off 放松

e.g. It's extremely important to take a load off once in a while by going hiking or picnicking.

once in a while 偶尔、有时

2. a walk in the park=a cakewalk 非常简单的事

e.g. I thought drawing was a cakewalk when I was a kid, but now I just feel that I can't draw at all.

3. no picnic 很难

e.g. Painting is no picnic to me. I can never do it well.

4. once in a blue moon 很少、千载难逢

e.g. I take the bus once in a blue moon coz buses are never on time.

5. on cloud nine=as happy as a clam 超级开心的

e.g. When my dad told me that he would take me to Disneyland, I was on cloud nine/happy as a clam.

6. have a blast=have a ball=have a whale of a time 玩的开心

e.g. I threw a party at home last Sunday and had a blast/had a ball/had a whale of a time.

7. be caught up in a traffic jam 堵在路上

e.g. I'm always caught up in a traffic jam on my way to work.

8. like a cattle car 非常拥挤（像牲畜车一样）

e.g. The subway in Beijing is just like a cattle car, but I still have to take it every day.

9. get out of the rat race 逃离大城市的疯狂竞争

e.g. It's really stressful（给人很大压力的）living in a large city, so I want to move to a smaller city to get out of the rat race.

stressful 给人很大压力的

10. chew the fat 闲谈

e.g. I often chew the fat with my parents during and after dinner.

11. hit the sack 上床睡觉

e.g. I like to do some reading before hitting the sack, which helps me fall asleep faster.

12. on the same wavelength 志趣相投、观点一致

e.g. My parents and I are on the same wavelength, so we find it quite enjoyable talking with each other about different things.

13. see eye to eye 观点一致

e.g. He and I see eye to eye on almost everything.

14. I'm my mother/father all over again 我很像我的妈妈/爸爸

e.g. My relatives always say that I'm my mother all over again. We're both outgoing and optimistic.

15. a chip off the old block 很像妈妈/爸爸

e.g. I think I'm a chip off the old block. My dad and I are equally shy.

16. ... runs in the family 我的家里人都有...

e.g. My dad is a hard-working man. I think it runs in the family coz I also consider diligence to be a very important quality.

17. quality time 美好惬意的时光（和亲近的人在一起）

e.g. My parents and I are very close and we always spend a lot of quality time together.

18. work like a beaver 工作很忙 **as busy as a beaver** 非常忙

e.g. I've been working like a beaver lately and I really need a vacation.

19. be swamped with my work/studies 疲于应对、不堪承受

e.g. I'm in my third year of university and I'm so swamped with my studies.

20. as healthy as a horse 非常健康

e.g. I do outdoor activities on a regular basis. This is why I'm as healthy as a horse.

21. in the pink 健康红润、精神很好

e.g. I have to work out more often in order for me to always be in the pink.

work out 健身

22. have two left feet 手脚不灵活

e.g. I have two left feet, so I don't do any sport well.



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23. under the weather 身体有点不舒服

e.g. I'm feeling under the weather today, so I'm sorry if I don't seem to be very enthusiastic about our conversation.

24. have a sweet tooth 喜欢吃甜食

e.g. I have a sweet tooth and so I always eat some chocolate, dark chocolate particularly.

25. get rid of my love handles 减掉腰间赘肉

e.g. I don't suppose I can get rid of my love handles if I keep eating a lot of chocolate.

26. all the rage 非常流行

e.g. Giving chocolate as a gift is all the rage in China.

27. twists and turns 跌宕起伏

e.g. The plot of this novel is so unpredictable, I mean, there are so many twists and turns.

plot 情节

unpredictable 无法预测的

28. can't put it down 好看到停不下来

e.g. I came across a good biography last week. It's so gripping that I just can't put it down.

come across 偶然遇到、偶然发现

gripping 非常有吸引力的

29. bumper-to-bumper 超级拥堵的

e.g. We always get bumper-to-bumper traffic, so I only take the subway.

30. fender-benders 小交通事故

e.g. I really hate it when I take a taxi and there are some fender-benders on the road.

31. step on it 快点开

e.g. Bus drivers tend to drive very slowly and I always want to tell them to step on it.

32. jam-packed 超级拥挤的

e.g. Buses tend to be jam-packed, so I hardly ever take them.

33. a mine of information

e.g. The internet is a mine of information and I've learned a great many things from it.

34. be up to speed on sth 了解...的最新消息

e.g. I like to read news online and it allows me to be up to speed on what's going on in the world.



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what's going on 发生了什么

35. spoil oneself (by doing sth) 犒劳某人、(通过...) 来变得开心

e.g. After a hard day at work, I often spoil myself by playing a few games on my computer.

36. a household name 一个家喻户晓的名字

e.g. My favorite singer is Eason, a household name in China.

37. have a musical ear 擅长音乐

e.g. I don't really have a musical ear, so whenever I sing, people tell me to stop.

38. have a tin ear 不擅长音乐

e.g. I have a tin ear, so I seldom sing.

39. drive me up the wall 令我很不爽、令我很烦

e.g. My neighbors threw a party at night and it was so loud. It drove me up the wall.

40. push my buttons 令我很生气

e.g. No matter what I said, my girlfriend wouldn't respond to me and that just pushed my buttons.

41. blow my top 发脾气

e.g. I blew my top yesterday because my neighbors kept making noise at night.

42. a pain in the neck 令人很烦的人/东西/事

e.g. There's a construction site near my home and that's a real pain in the neck.

43. a trip down memory lane 回顾往事

e.g. I love photography because looking at old photos is a trip down memory lane.

44. take my breath away (美到) 令人窒息

e.g. The beauty of that place took my breath away and I took hundreds of photos there.

45. a walking encyclopedia 一个无所不知的人

e.g. My dad reads newspapers every day and he's a walking encyclopedia.

46. not stand on ceremony 不拘礼 **make oneself at home** 像在自己家一样

e.g. When people visit me, I hope that they don't stand on ceremony and make themselves at home.

47. it's the thought that counts 心意最重要

e.g. I'm happy as long as I get gifts, whether they're expensive or not. It's the thought that counts.

48. gear up for sth

e.g. In order to gear up for this speaking test, I went to an English corner every week.

49. pick one's brains 向某人请教/讨教

e.g. I enjoy hanging out with my grandpa because I can always pick his brains on some issues.

50. cost an arm and a leg 非常昂贵

e.g. That piano I bought cost me an arm and a leg. Honestly, I really regret buying it.

regret 后悔