

Phrasality of the English verbs

-Connected with 'Ways of'-

FLASH

flash around sth or **flash sth around**

to show something valuable [e.g. money, ring] to people because you want them to know about it or be jealous of you, especially in a way which makes you seem too proud

Did you see Judy flashing her diamond ring around?

flash back

if your mind or thoughts flash back to something that happened to you in the past, you suddenly remember that thing

Her mind flashed back to the day of their wedding. [usually + **to**]

flashback

noun

an occasion when you suddenly remember something that happened to you in the past

A year after the accident he was still having flashbacks.

flashback

noun

a scene in a film which shows something that happened in the past

The film begins with a flashback to the hero's childhood.

flash on sth American, informal

to suddenly have a thought or an idea

Wait, I just flashed on a possible solution to our scheduling problem.

Flash out sth or **flash sth out**

to suddenly express a strong emotion [esp. anger]

Tom's eyes flashed out a look of hatred.

SWALLOW

swallow up sth or **swallow sth up**

if an organization or activity swallows up a large amount of money, it uses the whole amount of money

Defence spending swallows up 30% of the country's wealth.

It's a very expensive project to run: £10 million is swallowed up in administration costs alone. [often passive + **in**]

if a large organization or country swallows up a smaller one, the smaller one is made part of the larger one

Specialist publishers are increasingly being swallowed up by large publishing groups.

to make something disappear

Beyond the light of the fire, everything was swallowed up in the darkness. [usually passive + **in**]

TUCK

tuck away sth or **tuck** sth away

to put something in a safe place, especially something valuable

She gave him a £10 note which he tucked away in his inside pocket. [usually + **in**]

He kept her letter tucked away in a desk drawer.

(informal) to quickly eat large amounts of food

He usually tucks away a large meal a few hours before starting a race.

tuck in sth or **tuck** sth **in**

to push the loose end of a piece of clothing or material in something, usually to make it tidy

The nice thing about this shirt is that you can tuck it in or wear it out.

tuck in informal

to start eating food

The food's on the table so tuck in before it gets cold. [usually an order]

tuck into sth informal

to start eating

I was just about to tuck into an enormous pizza when you rang.

tuck in/up sb or **tuck** sb in/up

to make a child comfortable in bed by straightening the sheets and blankets

Tom usually likes his Dad to tuck him in.

tuck up sth or **tuck** sth up

to move your legs or feet underneath your body so that you are sitting on them

She sat in an armchair by the window, her legs tucked up underneath her.

DIG

dig in or **dig yourself in**

if soldiers dig in, they dig holes in the ground that they can hide in to protect themselves

We received orders that we were to move to the hills and dig in.

His troops had five months to dig themselves in before the war started.

dig in informal

to start eating food

The food's on the table so dig in before it gets cold. [often an order]

(American) to begin to do something in a determined way

They dug in immediately so as not to waste any more time.

dig into sth

to put your hand in something [esp. pocket, bag] in order to try to find something
He dug into his pocket and pulled out a few coins.

to use part of a supply of something that you have been saving, especially money
The Taylors have had to dig into their savings to pay for the legal fees.

to start eating food

I watched him dig into an enormous plateful of food.

(American) to start to do something in a determined way

He sat down at his desk and dug into the work that had piled up while he had been away.

dig into sth or **dig yourself into** sth

if soldiers dig into something, they dig holes in the ground that they can hide in to protect themselves

They had dug into fixed positions around the area.

dig out sth or **dig sth out**

SLIGHTLY INFORMAL

to find something that you have not seen or used for a long time

I'm sure I have a map of Prague - I'll try and dig it out tonight.

We were looking at some old school photographs I'd dug out of a drawer. [often + **of**]

(slightly informal) to discover information about a person or a situation after a lot of searching

I had to dig out information for my dissertation from old manuscripts.

dig up sth or **dig sth up**

to dig holes in or destroy the ground or a floor

They're digging up the road outside our house.

When we moved in we had to dig up the cellar floor and replace it.

to discover new facts about a person or situation after a lot of searching

They've recently dug up some new evidence which suggests that he was innocent.

The press are always digging up scandalous facts about people's pasts.

CHOW

chow down American, slang

to eat a lot of food

The bikers pulled up in front of the diner ready to chow down.

STUFF

stuff up (sth) or **stuff** (sth) up Australian, slang
to do something badly, or to make a mistake
I really stuffed that exam up.
We're giving you another chance so don't stuff up this time.

stuff-up Australian, slang
noun
Oh no, what a stuff-up!

PIG

pig out informal
to eat a lot of food
Every once in a while I go to a restaurant and really pig out.
I pigged out on pizza and chocolate last night. [often + **on**]

pig-out informal
noun
I'm still full after that pig-out at lunch.

GOBBLE

gobble down/up sth or **gobble** sth **down/up** informal
to eat food very quickly
We've got half an hour for lunch so you don't need to gobble it down.
He was so hungry that he'd gobbled up his food before she'd even started hers.

gobble up sth or **gobble** sth **up**
INFORMAL
to use a lot of something, especially money
My rent gobbles up two thirds of my monthly salary.

(informal) if a large organization gobbles up a smaller organization, it takes control of the smaller organization
Independent magazines are increasingly being gobbled up by large publishing groups.

EAT

eat away at sb
if a memory or bad emotion [e.g. bitterness, shame] eats away at someone, they think about it a lot and it makes them very unhappy
The knowledge that I killed him eats away at me inside.

eat up sb or **eat** sb **up**
if a memory or bad emotion [e.g. guilt, bitterness] eats someone up, they experience it so strongly that they are very badly affected by it

He was so eaten up by guilt he became ill.
If you're not careful, bitterness can eat you up.

eat away sth or eat sth away

to gradually destroy something by continuously damaging it or taking little parts of it
The house was built on land which the sea is slowly eating away.
There is a belief that routine eats away at love.

eat in

to have a meal at home, not in a restaurant
We're eating in tonight as we want to go to bed early.

eat into sth

to use or take away a large part of something valuable [e.g. savings, profits, leisure time, business]
The high cost of living in London is eating into my savings.
Increased administrative work can eat into employees' free time.

eat out sb or eat sb out *American, slang*

to tell someone angrily that they have done something wrong
He eats out all his students, so don't worry about it.

eat up sth or eat sth up

to eat all the food you have been given
Within two minutes she had eaten up all the bread and cheese.

to use all of something that is valuable and that you are trying to keep
The increased cost of books eats up the school's budget.
Any software that stores images will eat up a lot of disk space.

(slightly informal) to use large amounts of fuel
A big car like this eats up petrol.

(American, informal) to enjoy something [e.g. film, show] very much
I didn't like the show but the kids really ate it up.

FINISH**finish off sth or finish sth off**

to complete the last part of something that you are doing
I'll just finish this letter off before I go.
We need some more tiles to finish off the bathroom wall.

to eat or drink the last part of what you have been eating or drinking
Let's finish this one off before we open another bottle.

finish off

to do or have as the last part of something

We ate a huge meal, finishing off with banana cream pie. [often + **with**]

The bride's father spoke for half an hour and finished off by reading out the telegrams.

finish off sb/sth or finish sb/sth off *slightly informal*

to kill a person or animal, especially one that has already been injured

He lay on the ground waiting for the bullet that would finish him off.

to defeat a person or team that you are competing against in a sporting event

A goal from Clough finished off the opposition in the last minutes of the game.

finish off sb or finish sb off

to make someone so tired, weak, or unhappy that they are unable to continue what they were doing

The last game of tennis has really finished me off.

It was the fact that his wife left him for another man that finished him off. (= made him so unhappy that he could not continue his life in the normal way)

finish up *mainly British & Australian, slightly informal*

to finally be in a particular place, state or situation, especially without having planned it

She drank so much that she finished up in hospital.

We did a ten-mile walk and finished up in a village on the other side of the river.

Amazingly she finished up with a seat in the Italian parliament. [often + **with**]

He finished up as a gardener in a park. [often + **as**]

finish up doing sth *British & Australian, slightly informal*

to finally do something, especially without having planned to

We finished up paying twice as much for the trip as Nicki and Steve!

finish up (sth) or finish (sth) up

to eat or drink all of what you are eating or drinking

Finish up your dinner and then you can watch television.

(mainly American) to do the last part of something

He's currently finishing up his latest album which will be released next July.

finish up with sth

to do or have as the last part of something

The President's week begins with a visit to Camp David and finishes up with an address to Congress.

I ate three courses and finished up with a chocolate dessert.

finish with sb

BRITISH & AUSTRALIAN, INFORMAL

to end a romantic relationship with someone

Paula's just finished with her boyfriend after three years.

to stop dealing with someone

One moment -- I haven't finished with you yet.

He'll wish he'd never come to see me by the time I've finished with him. (= when I have finished punishing him)

finish with sth

to stop using or needing something

Have you finished with this magazine?

I'll have the scissors when you've finished with them.

POLISH

polish off sth or **polish sth off** *informal*

to finish something quickly and easily, especially a large amount of food or a piece of work

He's just polished off a pizza and half a loaf of bread.

I polished off no fewer than three essays last week.

Polish off sb or **polish sb off** *mainly American & Australian, informal*

to kill someone

He was accused of polishing off his former partner.

polish up sth or **polish sth up**

to practise and improve your skills or your knowledge of something that you learned in the past but have partly forgotten

I really must polish up my Italian before we go to Rome.

to rub something with a piece of cloth in order to make it shine

Those old silver candlesticks would be lovely if you polished them up.

The celebration is seen as an opportunity to polish up (= improve) the city's image.

NIBBLE

nibble away at sth

to slowly reduce something

Even when inflation is low, it nibbles away at people's savings.

PICK

pick at sth

to eat only a small amount of a meal because you are not hungry or because you are feeling ill

Bec was picking at her food in a dejected way.

to pull something using your finger nails again and again

If you pick at that scab on your knee it will never heal.

She sat nervously in the dentist's waiting-room, picking at the sleeve

pick off sb/sth or **pick** sb/sth **off**

to shoot and kill a person or animal that is in a group, or to shoot at and destroy a ship or aircraft that is travelling in a group

A gunman picked off the soldiers one by one as they ran for cover.

Five ships were picked off by torpedo boats during the attack.

to take the best person or thing from a group

Several leading British scientists have been picked off by American universities.

The Japanese-owned bank has the resources to be able to pick off foreign banks when they become available.

pick on sb

to choose one person from a group of people to criticize or treat unfairly, especially when they are smaller or weaker than you

He was picked on at school because he was much smaller than the other kids.

I felt I was being picked on.

INFORMAL Why don't you **pick on someone your own size?** (= threaten someone who is as big or powerful as you)

pick out sth/sb or **pick** sth/sb **out**

to choose one thing or person or several things or people from a large group

She picked out a pink shirt for me to try on.

Over 200 people applied for the job and we had to pick out eight to interview.

to recognize a person or thing from a group of people or things

A witness picked out the attacker from police photos.

See if you can pick out the drawing that Joe did.

to manage to see something or someone, but not clearly

It was dark outside but I could just pick out the outline of the mountains.

if a light picks out someone or something, it shines only on them so that they can be seen clearly

She walked onto the stage, picked out by a spotlight.

pick out sth or **pick** sth **out**

to manage to play a tune on a musical instrument slowly or with difficulty

Sing the tune and Steve will pick it out on the guitar. [often + **on**]

I can't play the piano like Kath, but I can just about pick out a tune.

pick over sth or **pick** sth **over**

to look carefully at a group of things, choosing what you want or getting rid of what you do not want

By the time I got to the sales, most of the clothes had already been picked over.

Pick over the strawberries and throw out any mouldy ones.

to examine or discuss something that has happened, showing a lot of interest in any unpleasant or embarrassing details

For the past week, the press has been picking over the details of the murder.
No one likes having their past picked over in public.

pick through sth

to search through a pile of untidy things in order to find something you want

He manages to survive by picking through other people's rubbish.

A team of investigators picked through the wreckage of the plane, trying to discover the cause of the crash.

pick up sth or **pick sth up**

to get or buy something when you have gone to a place to do something else

I picked up a leaflet on vitamin supplements while I was at the doctor's.

Should I pick up something for dinner while I'm in town?

to buy something cheaply

I picked up a half-price skirt in the sales.

You can pick up a decent camera for as little as \$40.

to learn a new skill or language by practising it rather than being taught it

I picked up quite a lot of Spanish during my six-month stay in Madrid.

There's no formal training for a job like this - you just **pick it up as you go along**. (= you learn how to do the job as you work)

if you pick up a way of speaking or behaving [e.g. accent, habit], you start to speak or behave in that way, usually because you have spent time in a particular place or with particular people

Parents who smoke should discourage their children from picking up the habit.

I picked up a Canadian accent while I was living in Toronto.

to learn interesting or useful information [e.g. idea, tip, gossip] from someone or something

Did you pick up any interesting gossip from Emilio?

You can pick up some really useful tips from cookery programmes.

to win a prize, or to get something that gives you an advantage [e.g. votes, support]

Anthony Hopkins picked up the award for best actor.

The ruling party has picked up 70% of the vote in the elections.

if someone picks up the total amount of money owed for something [e.g. bill, tab, cheque], they pay for it

If she loses the case, she'll have to pick up the bill for legal costs. [often + **for**]

Taxpayers will be picking up the tab for an improved public transport network.

to get an infectious illness from someone or something

Children pick up infections easily.

I picked up a bug while I was travelling in north Africa.

if a device picks up a signal or programmes broadcast by a radio station, it receives them

Antennas around the top of the ship picked up the radar signals.

You can pick up BBC Radio 4 in most of northern France.

to become aware of a smell, or to notice something that someone has left which can help you to find them

Police dogs picked up the scent of the two men from clothes they had left behind.

I lost their trail by the stream but picked it up again shortly afterwards.

to notice a mistake in a piece of writing

If there are any errors, the copy editor should pick them up.

(informal) to earn a particular amount of money

Top football players can expect to pick up around £200,000 a year.

(American, informal) to make a place tidy by putting things in the place where they are kept

I've told the kids to pick up their rooms.

pick up (sth) or pick (sth) up

to start something again [e.g. story, relationship] from the point where you had stopped

He picked up the story at the point where Jill had been rushed to hospital.

I hoped that when Peter came back from the States, we'd just **pick up where we left off**. (= start our relationship again)

pick up sb or pick sb up

INFORMAL

to start talking to someone you do not know because you want to have a sexual relationship with them

Do you often pick women up in bars?

pick-up

noun

INFORMAL

I just thought he was being friendly - it never occurred to me that it was a pick-up.

This bar has the reputation of being a pick-up joint. (= a place where people go to meet possible sexual partners) [used as *adj*]

if you pick someone up while you are travelling in a vehicle or boat, you allow them to get in your vehicle or boat so that you can take them somewhere

We picked up a hitchhiker on our way to Manchester.

A passing ship heard the distress call and picked up the crew.

if the police pick someone up, they arrest them or they take them somewhere in order to ask them questions

The security police picked him up for questioning.

She was picked up by the police on suspicion of drug-dealing.

pick yourself up

to stand up again after you have fallen
She picked herself up and carried on walking.

pick up

if something [e.g. business, economy, trade] picks up, it improves or increases after a bad period
Business is finally picking up after the recession.
In the past few months, house sales have started to pick up again.

pick-up

noun
an increase or improvement
There has been no sign of a pick-up in sales.
This year has seen a dramatic pick-up in the housing market.

if the wind picks up, it becomes stronger
The wind had picked up and it was looking rather stormy.

pick up sth

if a vehicle or ship picks up speed or steam, it starts to go faster
The train picked up speed as it came out of the tunnel.

pickup *American & Australian*

noun
the amount of power that a car engine has for increasing speed
He always complains when he drives my car that it doesn't have enough pickup.

pick up after *sb informal*

to put things back in the place they are kept after someone has untidily left them in the wrong place
Don't expect me to always pick up after you!

pick up on sth

to notice something that a lot of other people have not noticed
Chris had picked up on the tension between Wendy and me.
The research group has picked up on the trend of women having children at an older age.

to react to something that you have noticed or something that has happened
She was surprised that the press hadn't picked up on the story.

to discuss something in detail that someone has talked about before
I'd just like to pick up on a point that Sally made at the start of this meeting.

pick sb up on sth *British & Australian*

to correct someone for having said or done something wrong or something that you disapprove of

My Spanish teacher always picks me up on my pronunciation.
She picked him up on his sexist use of the word 'girl' instead of woman.

LAP

lap up sth or **lap** sth **up**

to enjoy something [e.g. atmosphere, praise] very much

We walked around the city and lapped up the atmosphere.

Everyone clapped and cheered and you could see that he was lapping it up.

if an animal laps up a liquid, it drinks it by using a lot of quick movements of its tongue

The cat was lapping up the last drops of milk from its bowl.

DRINK

drink to sb/sth

to hold up your glass before drinking from it in order to celebrate something or to wish someone success or happiness

Let's drink to John and Annmarie and wish them every happiness in the future!

They raised their glasses and drank to the success of the project.

drink in sth or **drink** sth **in**

to look at, listen to, or experience something with all your attention and to enjoy it very much

He gazed up at her adoringly, drinking in her every word.

We sat in a small café, watching people pass by and drinking in the atmosphere.

drink up (sth) or **drink** (sth) **up**

to completely finish your drink

We'd better drink up - it looks like the pub's about to close.

Drink your coffee up, Paul, before it goes cold.

CLUTCH

clutch at sth

to try to get hold of something and hold it tightly

She clutched at the rope to try to stop herself from falling.

GRASP

grasp at sth

to try to quickly get hold of something

I grasped at the pole to try and steady myself.

to quickly use or accept an opportunity to do or have something, especially because you are unhappy with the present situation

They grasp at every new idea put forward.

When the doctor has told you you've a year to live, you **grasp at straws**. (= you try anything even though you are not likely to succeed)

GRAB

grab at sb/sth

to quickly try to get hold of someone or something

She grabbed at the balloon as the wind blew it away.

A hand grabbed at me from behind as I ran forward.

grab at sth

to quickly use or accept an opportunity to do or have something

If I were you I'd grab at the chance to work in the U.S.

FIDDLE

fiddle about/around

INFORMAL

to use your hands in a series of small movements in order to try to do something

She was fiddling around in her bag looking for a comb.

I fiddled about on my short wave radio to find the World Service.

(informal) to spend time doing silly or unimportant things

They can no longer afford to fiddle around - it's time they acted.

fiddle about/around with sth *informal*

to try different ways of arranging or doing something until you find the right or best way

Naomi, stop fiddling about with your hair. It looks just fine.

A good team captain will fiddle around with different combinations of players to find a winning side.

fiddle away sth or **fiddle sth away** *American & Australian, informal*

if you fiddle away time or a period of time, you waste that time by doing very little

You'll never finish if you keep fiddling away the time.

FUMBLE

fumble about/around

to move awkwardly, especially using your hands, usually because you are trying to find something

She fumbled around in the dark until she found the light switch.

The woman fumbled around in her handbag looking for the keys.

CUDDLE

cuddle up

to sit or lie very close to someone in an affectionate way

I got under the duvet and cuddled up to Steve to get warm. [often + **to**]LET

THROW**throw yourself at sb** *informal*

to make it very obvious to someone that you want to have sex with them

She basically threw herself at him - it was quite embarrassing to witness.

Women just seem to throw themselves at him.

throw away sth or **throw sth away**

to get rid of something because you do not want or need it any more

I'm going to throw away those magazines if you've finished reading them.

These potatoes are past their best - I'd better throw them away.

throwaway

adjective

a throwaway product is a product which you use once or for a short time and then throw away

We were given some wine in a throwaway plastic bottle.

We're living in a **throwaway society**. (= a society in which products are not made to last a long time)

to waste a skill or an opportunity to do something good

You've spent years doing that training, and now you're going to throw it all away.

England had a chance to take the lead in the second half and they just threw it away.

throw down sth or **throw sth down**

if soldiers throw down their weapons, they stop fighting

More than 100 soldiers threw down their guns and surrendered.

throw in sth or **throw sth in**

to add something extra when you are selling something without charging the buyer for it

We booked our trip 10 months in advance so they threw the insurance in for free.

if you are having a conversation and you throw in a remark, you suddenly say it without thinking carefully

He threw in some comment about women being awful drivers.

throw sb in/into sw

to force someone to go to prison

Some of the protestors were thrown in jail.

The authorities had threatened to throw him into prison if he didn't cancel the demonstration.

throw sth/sb into sth

to cause something or someone to suddenly be in a bad and confused state
Their lives had been thrown into turmoil by the war.

throw yourself into sth

to start doing something with a lot of enthusiasm and energy
She's really thrown herself into this new job of hers.

throw off sth or throw sth off

to remove a piece of clothing quickly and not very carefully
We threw off our clothes and ran into the sea.

(informal) to succeed in getting rid of a slight illness
I just can't seem to throw off this cold.

to produce large amounts of heat or light
The lamp throws off a certain amount of heat as well as light.

to free yourself from something that is limiting you in some way
Finally they could throw off the yoke of communism and join the rest of Europe.
It's an unfortunate image and one that he's never quite managed to throw off.

throw on sth or throw sth on

to put on a piece of clothing quickly and not very carefully
I'll just throw on a jacket and then I'll be with you.

throw out sth or throw sth out

to get rid of something because you do not want or need it any more
If you don't want these books any more I'll throw them out.
I threw those trousers out years ago.

if people in authority throw out a plan or idea [e.g. bill, proposal] they refuse to accept or use it
There was a storm of protest about the bill and Parliament threw it out.
The case got thrown out by the courts on the grounds of lack of evidence.

to produce smoke, light, or heat and fill the surrounding air with it
I hate it when you get behind some great lorry that's throwing out clouds of black smoke.

throw out sb or throw sb out

to force someone to leave a college, school, house or organization
She was thrown out of college in the second year for not attending lectures. [often + **of**]
His parents told him that if he started taking drugs again they'd throw him out.

throw together sth or throw sth together

to make or arrange something quickly and without much effort, using things that can easily be found
I hope the food's all right - I just threw it together.

throw up (sth) or **throw (sth) up** *informal*

to vomit

She'd spent half the night with her head down the toilet throwing up.

I managed a slice of toast but threw it up ten minutes later.

throw up sth or **throw sth up**

to produce new problems or ideas

I thought it was a good meeting - it threw up a lot of interesting ideas.

The report has thrown up some worrying questions about the safety of air travel.

CHUCK**chuck away/out** sth or **chuck sth away/out** *informal*

to get rid of something that you do not want or need any more

It's time you chucked out those old newspapers.

chuck in sth or **chuck sth in**

BRITISH & AUSTRALIAN, INFORMAL

to add something [e.g. suggestion, remark] to a conversation or a piece of writing

The shareholders chucked in a few surprise recommendations at the annual outing.

chuck in/up sth or **chuck sth in/up**

to stop doing an activity, especially a job or a course, and to leave the place where you were doing it

He chucked in his job to travel round the world.

She chucked up her art class half way through the term.

chuck out sb or **chuck sb out** *informal*

to force someone to leave a place

He had been chucked out of school for taking drugs.

Several kids were chucked out of the dance after a fight broke out.

They were in the pub from the end of work until **chucking out time**. (= the time it closed) [used as *adj*]

chuck up (sth) *informal*

to vomit

Oh no! The cat's just chucked up all over the kitchen floor.

She chucked up her dinner.

TOSS**toss about/around** sth or **toss sth about/around**

to discuss an idea or suggestion, without considering it in a serious way

We haven't decided on our next project yet - we're just tossing some ideas around.

toss back/down sth or **toss** sth **back/down**

to drink something very quickly, especially an alcoholic drink
He tossed back a couple of glasses of whisky and left.

toss (sb) for sth

to decide which person or team can do something or have something by throwing a coin in the air and guessing which side of the coin will be on top when it lands
Who's going to bat first? Let's toss for it.
We'll each have a T-shirt and I'll toss you for the hat.

toss off sth or **toss** sth **off**

to write something [e.g. letter, essay, article] very quickly, without thinking about it carefully
I don't suppose it's very well written because I tossed it off in half an hour.

Toss off *British & Australian, taboo*

if a man tosses off, he gives himself sexual pleasure by rubbing his penis
Is that your idea of a sex-life - you toss off over porn mags?

toss up

to decide which person or team can do something or have something by throwing a coin into the air and guessing which side of the coin will be on top when it lands
Let's toss up to see which team will go first. [often + to do sth]

toss-up

noun

a situation in which two people or things seem equally likely to be chosen or two possible results seem equally likely to happen
I wouldn't like to say who'll get the job. It's a toss-up between Simon and Harry. [often + **between**]

PITCH**pitch for** sth

to try to persuade someone to give you something [e.g. business, job]
Firms are having to pitch for business in an international market.

pitch in

INFORMAL

to help with work that needs to be done
If we all pitch in, we can get the kitchen cleared up in half an hour.

pitch into sb *mainly British & Australian*

to criticize someone strongly

Halfway through the meeting he suddenly pitched into her and accused her of mismanagement.

FLING

fling yourself into sth

to start to spend a lot of your time and energy doing something

He's really flung himself into his work since his relationship with Isobel ended.

fling off sth or **fling sth off**

to remove something [e.g. clothes, cover] quickly and without being careful

She just had time to fling her clothes off and dive into the shower.

BOWL

bowl over sb or **bowl sb over**

to surprise or please someone a lot

When we first visited Crete we were just bowled over by its beauty. [usually passive]

I was bowled over by him - I'd never met anyone so devastatingly attractive.

to make someone fall to the ground by knocking them

An old man had been bowled over by the crowd.

FLIP

flip off sb or **flip sb off** *American, slang*

to make an extremely rude sign by holding your hand out towards someone and raising your middle finger, in order to show that you do not care what they are doing or saying

He laughed sarcastically and flipped them off.

flip out *mainly American, informal*

to suddenly start to behave in a very excited or strange way

The kids really flipped out the first time they saw the new computer games.

He flipped out in court, yelling and screaming about his rights.

flip through sth

to look briefly at the pages of something [esp. book, magazine]

I was just flipping through my new cookbook while the kettle boiled

FLICK

flick over *British, informal*

to quickly change from one television or radio channel to another

She flicked over to see if the film had begun.

flick through sth

to look briefly at the pages of something [esp. book, magazine]

I passed the time flicking through glossy magazines.

He picked up my photo album and started flicking through it.

to change quickly and repeatedly from one television or radio channel to another

I've just been flicking through the channels but there's nothing I want to watch.

PELT**pelt down** *informal*

to rain very heavily

Take an umbrella with you - it's pelting down outside.

It's been pelting down with rain all day. [sometimes + **with**]

SEND**send in** sb or **send sb in**

to send a group of people with special skills [e.g. police, troops] to deal with a difficult situation

Peace-keeping troops were sent in as the situation got worse.

We are sending in a medical team to deal with the latest epidemic.

send back sth or **send sth back**

to return something to the company you bought it from because it is unsuitable or damaged

The trousers were the wrong size, so I sent them straight back.

send down sb or **send sb down**

BRITISH, INFORMAL

to send someone to prison

He was sent down for armed robbery. [usually passive]

She was sent down for three years. [often + **for**]

(*British*) to make a student leave a university because they have done something wrong

He was sent down after failing his second year exams. [usually passive]

She was sent down from Oxford for taking drugs. [often + **from**]

send for sb

to send someone a message asking them to come to see you

Do you think we should send for the doctor?

I was really worried when my boss sent for me.

send in sth or **send sth in**

to send something to an organization

Viewers were asked to send in photographs of their pets.

Please send in completed forms before January 31st.

send in for sth

to write to an organization to ask them to send you something
I've sent in for a full illustrated brochure.

send off sth or send sth off

to send a letter, document, or parcel by post
Have you sent off your application form yet?

send off for sth

to write to an organization to ask them to send you something
I've sent off for lots of holiday brochures.

send out sth or send sth out

to send something to a lot of different people at the same time
How many invitations are you sending out?
Electricity bills are sent out every three months.

to produce light, a sound, or a signal
The torch sends out a powerful beam of light.
The ship's crew sent out a distress call.

if a plant sends out something [e.g. roots, shoots], it grows
This plant sends out long roots and so it needs to be planted in deep soil.

send out for sth

to telephone a restaurant to ask for food to be delivered to you
Do you want to send out for a pizza?

send up sb/sth or send sb/sth up *informal*

to make someone or something seem stupid by copying them in a funny way
He loves sending up some of the more serious teachers.
The book sends up the British obsession with class.

send-up

NOUN/ INFORMAL

The programme is a hilarious send-up of the James Bond films.

Bibliography:

- **Cambridge dictionaries on line** <http://dictionary.cambridge.org>
- **Material compiled in 2007 by David Gutierrez**