

2007版 CCTV 6 每晚7点正在热播中!

- 美国俚语
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动感英语

Action English

[3]

群言出版社



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使用本书的方法

第一步：预习。在收看日播“动感英语节目”之前，先预读本书中该集的全部内容。（限时 15 分钟） [节目播出时间为：2007 年 1 月 1 日起]

第二步：跟随电视收看节目。CCTV-6 19:00 动感英语节目，若错过则登陆网站：www.aviliv.com 在线收看。

第三步：复习。对照丛书，针对该集的内容进行巩固，反复朗诵。（限时 15 分钟）

第四步：登录“www.aviliv.com（暗练网）”上进行互动练习。

第五步：定期参加“www.aviliv.com（暗练网）”举办的测试。

以上是我个人对使用本书的一点建议。在编写本书的时候，动感英语组全体工作人员最衷心的希望就是：读者能够从中感触到英语学习的紧迫性与自律性，进而把英语学习变成你生活中必不可少的一部分。对我们而言，没有什么比这种收获更为重要的了！

本书编写小组的每个人已经从英语学习中受益，我们深知其中的喜悦与不易。正因为如此，我们真诚地建议您：利用 12 个月的时间把这套书学透，不要错过任何一课，任何一练。一鼓作气，成就你的口语功夫！……准备好了吗？我们开始吧！

翁云凯

序

(丛书使用说明)

亲爱的读者朋友，感谢你选择本书。本书的编写不仅立意于提升你的英语口语能力，更希望通过这种学习，你可以多一扇窗子看世界，多一座桥梁学知识，多一个头脑，多一重生命！

小书一本喜相逢；英语世界多少事，尽在细读中！

英语高手们都有一个共识，即：攻克英语共需要两个步骤：“高效的输入+反复的输出。”

输入是给你装备弹药，输出则是提高你应用的能力。事实上，每一天你的英语学习都应该从这两方面入手：先是输入地道、纯正的英语表达，后是通过大量的练习反复操练已输入内容，以达到可以自由输出的状态。

本书扮演的即是“输入”的角色——书中的每个语言点均来自原版电影，从而确保了输入环节的原汁原味。

输入的环节完成后必须配以高效、反复的输出练习，否则输入的东西无法真正消化，很难变换使用、举一反三，时间长了自然就会遗忘。遗憾的是：中国学生的英语学习在输出环节上投入得太少，导致的直接后果就是：我们的词汇量大、语法体系不差、阅读能力很强，但就是交流速度跟不上、交流质量也不高。由于经历、能力有限，本书未能在输出环节上给出读者具体的指导，推荐你登陆到 www.aviliv.com（暗练网），以解决部分输出环节要解决的问题。配合本书的语言点，你可以在该网站上得到相应的实景练习。

只要把“输入+输出”这两个环节都抓好了，你的口语大幅提升将只是时间的问题。





第 183 课 《小鸡快跑》(6)



俚语 Slang

"Let's see if our Matilda the hen has come to her senses."

"让我们看看老母鸡是否改主意了。"

come to one's senses

This phrase is used to mean that someone was not behaving normally, or in a way that is customary to their personality, but then "came to their senses", or started to behave more typically.

意思是意识到自己错了,改变主意了。

选自电影《小鸡快跑》Chicken Run



例句

1. You have to be crazy! Come to your senses, there's no way you can drink that entire bottle of bai jiu, you'll be sick!

你一定是疯了! 醒醒吧,你不可能把一瓶白酒都喝了,你会不舒服的!

2. I never knew why you liked her anyway. I'm glad you've come to your senses and won't be spending time with her.

我不知道你为什么喜欢她。现在你改变主意了,不再跟她浪费时间了,这我很高兴。



经典对白 Classic Clips

"Just go with the flow! "

"随着节奏走! "



go with the flow

It means that you move in the rhythm of everything around you, or you don't attempt to create resistance to what the majority of people are doing.

意思是随着节奏走,或者随大流。



例句

1. It's best to just talk naturally, listen to what she says, and go with the flow. You will know what to say.

最好是自然地说,听她说什么,然后顺着走。你会知道怎么说的。

2. I'm not sure exactly what I'm supposed to do sometimes, but I just go with the flow and do what everyone else does.

我有时不知道该做什么,但我只是随大流别人做什么我就跟着做。

"You're always talking about back in your day. Well, today is your day!"

"你总是提起当年的事。好了,今天你有机会了!"

back in your day

This is a phrase people use to speak of a time in the past that they are fond of. People who shared a common experience will often say this to talk about that general time in the past.

意思是过去,当年的时光。



例句

1. Remember back in the day when we waited for the stars in the corn field.

记得我们那时候在玉米地里看星星。

2. Back in the day, when we first met it was like seventh heaven we were so in love.

那时我们第一次见面,感觉就像飞一样,我们是那么地相爱。



第 184 课 《蜘蛛侠 2》(1)



俚语 Slang

"That's outrageous! Done."

"太可恶了！成交。"

done

The word "done" is a short way of saying "the deal is done" meaning that you have accepted an agreement or business arrangement.

意思是同意或成交。The deal is done 的简写。

选自电影《蜘蛛侠 2》Spider-man 2



例句

1. A: I'll help you move house next week if you help me record Action English tonight.

B: Done.

A: 你今晚要是帮我录动感英语我下周就帮你搬家。

B: 成交。

2. A: How about ten dollars? Twenty?

B: Twenty? Done!

A: 我给你 10 块行吗? 20?

B: 20? 好的!



经典对白 Classic Clips

"We're about to make a breakthrough..."

"我们要有重大突破了。"



breakthrough

Breakthrough: a great discovery or achievement. Usually scientific or medical.

意思是突破,通常指科技上的。



1. That discovery of genes was a great breakthrough for medicine.
那个基因发现是医药界的重大突破。
2. How far away are we from the next breakthrough in computer technology?
我们离电脑科技的下一次突破还有多远呢?



经典对白 Classic Clips

"I was wondering if you're still in the Village."
“我想知道你是否还住在那里。”

wondering

This is a way to ask a question without actually making it a question. Sentences starting with "I was wondering..." are statements but have the meaning of questions.

意思是想知道,用来提出疑问。



1. I was wondering when you could pay me back.
我想知道你什么时候能还我钱。
2. I was wondering how much that car is.
我想知道那车多少钱。

第 185 课 《蜘蛛侠 2》(2)



俚语 Slang

"Keep calm, it's only a spike."

"别慌,这是暂时的。"

spike

A spike refers to a massive increase of something, in this case energy. When measured on a line graph, a massive rise or increase over a very short time resembles a sharp spike. Spike can also be used as a verb.

意思是大量增加。也可作为动词使用。

选自电影《蜘蛛侠 2》Spider-man 2



例句

1. According to these numbers, there was a spike in use of electricity in July.

根据数据显示,七月份用电量剧增。

2. Car sales spiked in February but returned to normal in March.

汽车销量在二月份剧增,但三月回落到正常。



经典对白 Classic Clips

"It's under control. "

"完全受到控制。"

under control

This means that there is no emergency, the problem is being handled

properly.

没有意外,问题在掌控之中。



1. The fire is still burning but it's under control.

大火仍在燃烧,但已经被控制住了。

2. I don't have a drinking problem. I have it under control.

我没有酗酒的问题。我能控制住。

"I'm in charge here!"

"这里我说了算!"

be in charge

"I am in charge here" means "I'm the boss in this place".

意思是负责。



1. Who's in charge of cleaning around here?

这里谁负责打扫?

2. I'm in charge of the marketing department.

我负责市场部。

第 186 课 《蜘蛛侠 2》(3)



俚语 Slang

"Pulling the plug."

"拉掉电源。"

pull the plug

There are two slang meanings to this term: 1. To stop or shut down a project (used in this film clip). 2. To remove an extremely sick or injured person from life support equipment.

有两个意思: 1. 停止一项工程。 2. 停止对重病号的治疗。

选自电影《蜘蛛侠 2》Spider-man 2



例句

1. We've spent millions on this project and nothing has happened. I'm pulling the plug on it.

在这个项目上我们已经花了几百万,一点进展也没有。我要停止这个项目了。

2. After months of searching for the sunken ship, they've pulled the plug on the search effort.

寻找沉船几个月后,他们停止了找寻工作。



经典对白 Classic Clips

A: "You're getting on my nerves."

B: "I have a knack for that."

"你真让我不安。"

"我在这方面有天赋。"



a knack for

To have a knack for something means that you have a natural talent for it.
意思是在某方面有天赋。

例句

1. Tom has a knack for languages. He can speak Russian, German and French.
汤姆有语言天赋。他能说俄语、德语和法语。
2. I have a knack for computers. I can fix most computer problems.
我在计算机方面有天赋。我能修理大部分计算机问题。

A: "Hand her over!"

"把她交给我。"

B: "Of course!"

"当然!"

A: "Easy now."

"慢点。"

B: "Butterfingers."

"手指滑了。"

easy now

Has the meaning of "gently".

意思是很轻地。

例句

1. Easy now. If you get on the horse too quickly, you'll scare him.
慢点,如果你上马太快,你会吓着它。
2. Easy now. Drive slowly. You don't want to hit somebody and support her for the rest of her life.
慢点开。你不想撞到人并且抚养她下半辈子吧。



第 187 课 《蜘蛛侠 2》(4)



俚语 Slang

"If only I had stopped him, then all three of us would be having tea together."

“如果我当时阻止他，我们三个就能在一起喝茶了。”

if only

"If only" is used in the third conditional. If (only) ... then ... would ... The third conditional is used to talk about the possibilities of today if things had been different in the past. The use of "only" indicates a heartfelt wish that things were different.

意思是如果当初。

选自电影《蜘蛛侠 2》Spider-man 2



例句

1. If only I could visit the studio of Action English.
如果我能参观动感英语的录影棚就好了。
2. If only I had studied harder in high school, I could have gone to Beijing University.
如果当初我努力学习，我就能上北京大学了。



经典对白 Classic Clips

"You're a hack!"

“你太不专业了！”



hack

A "hack" is a writer or journalist who produces bad or unimaginative work.

泛指业余记者。



1. Oh, I never read his articles. I've heard he's a real hack.
我不要吃他的稿子。听说他是业余记者。

2. More boring news. I wonder which hack wrote this?
这么多郁闷的消息,我想知道这是哪个业余记者写的呀?

"I should've known Osbourne wouldn't have the spine to finish you!"
"我应该想到奥斯本没胆量把你消灭掉!"

have the spine to

To "have the spine" to do something means to have the courage to do it. A person who has courage "has a spine" or "has backbone". To be spineless means to be a coward or to have a very weak character.

意思是有勇气做某事。



1. Ed stood up to his manager. He really has a spine!
埃德敢于面对经理。他真有勇气。

2. You need a bit of backbone to go skydiving.
跳伞需要有一点勇气。

