

PREFACE

想起七八年前在电视上播出的那部美国情景喜剧 *Growing Pains*《成长的烦恼》，想必我们中的大多数仍然记忆犹新，居住在纽约长岛 Seaver 一家中的每一个家庭成员，比如父亲 Jason，母亲 Maggie，哥哥 Michael，弟弟 Ben 等等，他们鲜明的个性和精彩的表演使我们至今回味无穷。——要知道，《成长的烦恼》正是 20 世纪 80 年代美国收视率最高的 Sitcom(情景喜剧)之一。

新东方学校的杜子华老师在国内首创了独一无二的电影听说教学法，使广大学员在电影这个全英语的环境中学到了最为地道、鲜活的美语。实际上，我们中国人之所以难以突破英语听说的瓶颈，也正是缺乏了像电影教学所提供的这种纯正语言环境的熏陶。

回到情景喜剧。与电影相同的是：情景喜剧的对白同样标准、地道；与电影不同的是：情景喜剧中的情节最贴近日常生活、更加真实，浓缩了美国老百姓之人生精华；而且，由于时空的限制(一集只有 20 来分钟，剧情也往往在一个狭小的场所集中发生)，情景喜剧不得不充分甚至过分地发展了自己的语言表现力，可谓是语不惊人死不休，我们看优秀的情景喜剧，不仅是观赏诙谐幽默的万花筒，还如同置身一个妙语的角斗场。

如今，美国情景喜剧的发展已达到顶峰。那些脍炙人口的情景喜剧占据了美国人绝大多数的空闲时间，比如多年来美国最具影响力的情景喜剧之一：*Seinfeld*，它在 NBC 播出的 1990 年至 1998 年间，被人们称为 *Seinfeld* 时代，被评论界誉为“Noting is like Seinfeld”(“无与伦比”)，成为 NBC 电视网的招牌戏之一。*Seinfeld* 中的语言更是当代美国口语中最鲜活、最地道的一部分，美国口语中许多生动的俚语用法，都来自 *Seinfeld*，这些俚语一经 *Seinfeld* 播出，就广为流行，成为人们的口头禅。此外，美国现在正热播的 *Friends*《老友记》(又译为《朋友》)，由三男三女共六位俊男美女担纲演出，不时请到明星与设计师等各界名流客串参与，成为欧美时下最受欢迎的情景喜剧之一。同样受人欢迎且高水平的情景喜剧还有 *Frasier*、*Will and Grace*、*Third Rock from the Sun*、*Home Improvement* 等等，不胜枚举。

基于以上几点，我们惊喜地发现，通过情景喜剧学英语，同样是突破哑英语的好方法。除地道语言这一层面之外，对我们这些第二语言学习者来

讲,更加宝贵的是切实接触到了美国人别样的风土人情;感受到了美国人原汁原味的思维模式,体味到了美国人特色的文化内涵。Learning a Foreign language is learning another culture。相信读了这本书,我们再与老外交流时,必然能够做到 read their mind,从而说到他们心坎儿里去。

也正是由于这个原因,我与新东方学校的美语教学专家 Jessie Zhang 在研究分析了大量当今美国最受欢迎的情景喜剧之后,合著了这本《美国情景喜剧俚语百分百》,本书分为两章,第一章向国人具体介绍了情景喜剧的特点和美国最受欢迎的七大情景喜剧,包括其内容、角色及经典对白;第二章从这些最受欢迎的情景喜剧中,精心挑选和总结出当今美国人使用频率最高的最新、最酷的俚语,指出他们的原义、俚语含义及出处,并给出大量精彩实用的口语范例和相关的文化背景,同时书中还有大量经典剧照和由 Jessie 挑选或绘制的卡通漫画,使读者能在轻松愉快而且生动形象的氛围中,不仅能够看懂、听懂情景喜剧,而且还可以“透情景喜剧,窥美国一斑”,真正做到语言与文化双丰收。

下面,咱们做个简单测试,我从书中随机抽取了几个俚语词条,若你不能参透其中的含义,就赶快从书中找到答案吧!

already — 已经? 那“Just go already”作何解释呢?

bag — 包? 那“Rock was never my bag”又是什么意思呢?

go — 走,去? 那“Do you go in the shower?”问的又是什么呢?

moon — 月亮? 那若有人对你说:“Hey! you have been mooned!”,你该怎么办呢?

诸如以上既简单又深邃的词条在本书中数不胜数,除此之外,书中还选取了像 **gaga** (He's gaga about teaching)、**yoyo** (Don't be a yoyo.) 等一些很 **FUNKY** 的词,让我们与当代美国口语有了“零距离”的接触和交流。

从严格意义上讲,本书是国内第一部通过情景喜剧学习美语的书籍,从而填补了我国英语口语教学的空白。本书的出炉得益于俞敏洪校长和包凡一副校长的大力支持,尤其感谢新东方学校电影培训的创始人杜子华老师,他的指导给了我无数灵感。

衷心希望读者能够受益于本书!

邱政政

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美国情景喜剧“俚语百分百”

1. Achilles' heel	(35)	9. boob	(49)
2. alley	(36)	10. bootleg	(50)
3. already	(38)	11. brain damage	(51)
4. artsy	(39)	12. breaker / breakee	(53)
5. bag	(41)	13. catch on	(54)
6. bimbo	(42)	14. chip in	(56)
7. B. O.	(44)	15. chipper	(58)
8. boo	(47)	16. dig	(59)

美国情景喜剧俚语百分百

American Sitcom Slang 101

- | | |
|--------------------------------------|-------------------------------------|
| 17. do a number on (60) | 50. lock up (110) |
| 18. do time (62) | 51. loop (112) |
| 19. DOA (63) | 52. love (115) |
| 20. double (64) | 53. merlot (116) |
| 21. double-dip (66) | 54. mooned (117) |
| 22. drop dead (68) | 55. Mrs. Robinson (118) |
| 23. dry spell (69) | 56. off the handle (120) |
| 24. fab (70) | 57. outside the box (122) |
| 25. feel (72) | 58. over the top (124) |
| 26. First Come, First Serve ... (73) | 59. pet theory (125) |
| 27. freak (75) | 60. point (126) |
| 28. gaga (77) | 61. postal (128) |
| 29. get out (78) | 62. right on (129) |
| 30. giddyup! (80) | 63. rock, paper, scissors ... (131) |
| 31. taking / giving (82) | 64. roll one's eyes (132) |
| 32. go (1) (83) | 65. scarelicious (134) |
| 33. go (2) (85) | 66. schmooze (135) |
| 34. grace (86) | 67. scooch (137) |
| 35. ground (88) | 68. scoop (139) |
| 36. gutsy (90) | 69. shrink (140) |
| 37. gyp (91) | 70. statute (141) |
| 38. happy-go-lucky (93) | 71. steep (143) |
| 39. hard of smelling (94) | 72. suck (144) |
| 40. head over heels (96) | 73. talker (146) |
| 41. hipster (97) | 74. thunder (147) |
| 42. hitch (98) | 75. upper hand (149) |
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| 44. idiot box (101) | 77. vault (151) |
| 45. inhale (103) | 78. wagon (153) |
| 46. jig (104) | 79. Whew! (155) |
| 47. judgment call (106) | 80. winter blue (156) |
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Chapter One



About American Sitcoms

美国情景喜剧 ABC

UNIT ONE ▶

What's a sitcom?

A **sitcom**—or **situation comedy**—is a television program, almost always half an hour long, with a regular cast and set in a regular location which is usually a household or a workplace.

Although sitcoms occasionally record material on location, most are filmed or taped in a studio, using multiple cameras, in front of an audience.

In their production methods sitcoms have more in common with theatre than film. Whole scenes are performed in continuous takes in front of the audience and actors must make entrances and exits just as they do in the theatre. They must also deliver their performance in concert with the audience's reaction, just as they might on stage. The similarity with theatre extends even into the dramatic structure. Indeed a sitcom is essentially a small play.

In the United States the half hour time slot is usually interrupted by two commercial breaks, one in the middle and the other near the beginning or the end. For this reason American sitcoms usually fall into two acts, with either a short introduction or a brief epilogue, and a total program length is around 23 minutes.

何为情景喜剧？

情景喜剧一般是电视系列剧，通常为半小时一集，有固定的演员和场景，如家庭或办公室等。

情景喜剧有时候也拍外景，但主要还是在摄影棚里，多在现场观众席前面使用多机位拍摄。

在拍摄方法上，情景喜剧与一般的电影或电视剧有所不同，相比之下，它更像话剧。由于有现场观众，所以它的出场和退场都要按严格的舞台规范，而且观众的即时反应对演员表演有相当大的影响，使其具备了类似于话剧的现场感与即兴发挥。此外，情景喜剧与话剧的相似之处，还在于其戏剧化的剧情结构。事实上，从很多方面来看，情景喜剧都可以说是一个小型的话剧。

在美国，一集半小时的情景喜剧，一般会穿插两次广告时间，一次在中间，另一次则在开头或结尾。因此美国的情景喜剧往往会分成两节，外加一个简短的序幕或尾声。它本身的总长度在 23 分钟左右。

UNIT TWO ▶

The Most Popular Sitcoms in the U.S.

美国最受欢迎情景喜剧“大盘点”

1. *I Love Lucy*

1951-1957



I Love Lucy was the first sitcom to be recorded by multiple film cameras which was to become, and still is, the standard American method for recording sitcoms.

《我爱露西》是第一部运用多机位拍摄的情景喜剧，开创了美国情景喜剧的标准拍摄方式。

2. *Growing Pains* (ABC)

1985-1992



One of the family-centered sitcoms originating in the eighties, *Growing Pains* is a successful, mostly pleasant series about a relatively normal, upper middle-class, suburban family with children, much like NBC's *The Cosby Show* (1984-1992).



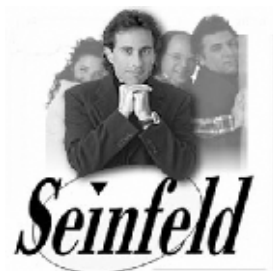
《成长的烦恼》讲述的是居住在纽约长岛的 Seaver 一家的故事，它是美国 20 世纪 80 年代收视率最高的、以家庭生活为中心的情景喜剧，迄今仍在中

6 美国情景喜剧 俚语百分百

国的电视荧屏上播放。它记录了 Seaver 家孩子们成长中的一切,更是为人父母的心路历程。与它相似的有 *The Cosby Show*, 后者反映的是中产阶级黑人家庭的生活。

3. *Seinfeld* NBC

1990–1998 (“*the Seinfeld era*”)



“Nothing is like *Seinfeld*.” Jerry, George, Elaine and Kramer have not only added to the lexicon of our generation, but provided literally hours and hours of water-cooler talk. Although it was essentially about “nothing”—the daily lives and mishaps of four friends—it was absolutely unique in its execution. *Seinfeld* makes the situations ordinary and the characters extraordinary: “articulate, witty, self-conscious, and as neurotic as a cadre of waltzing mice.”

《宋飞传》是美国最有影响力的情景喜剧之一,它在 NBC 播出的 1990 年至 1998 年,被人们称为 *Seinfeld* 时代。评论界称其“无与伦比”,为 NBC 电视网的招牌戏之一(另一部为 *Friends*)。

该剧没有一贯的主题,也没有固定的剧情模式,只是围绕着四个朋友 (New Yorkers) 的日常生活,把人们平时想说想做、但又受社会传统约束而不能说不能做的事,通过四个极富个性的主角,以及匪夷所思但又看似合情合理的情节,展现得痛快淋漓。它简洁明快,诙谐而又敏锐,带点神经质的幽默,触及到了当代美国社会和人性的方方面面。

Seinfeld 的语言是当代美国口语中最鲜活、最地道的一部分。美国口语中许多生动的俚语用法,都来自 *Seinfeld*, 这些俚语一经 *Seinfeld* 播出,就广为流行,从而成为人们的口头禅。

4. *Friends* NBC

1994–2004



(averaging 28.4 million viewers—one of the biggest sitcoms of all time)

Friends follows the life of six twenty-something friends: three women (Monica, Phoebe and Rachel) and three men (Ross, Joey

and Chandler). All live in Greenwich Village, New York City, as they battle through life with their hilarious stories.

《老友记》(又译为《朋友》)是美国 NBC 电视台于 1994 年开始推出的电视情景喜剧,由三男三女共六位俊男靓女担纲演出,不时请到明星与设计师等各界名流客串参与,播出以来一直为 NBC 电视网的招牌戏之一,为欧美最受欢迎的情景喜剧之一。

连续播出了 10 年的 *Friends* 全剧共 238 集,每集大约 20 分钟左右。曾在 1996 年创下 5,300 万的收视记录。故事主要描述了住在纽约的六个好朋友从相识到后来一起经历了 10 年的生活中发生的一系列的故事,朋友间的生活、友谊、麻烦、欢笑、矛盾、爱情、工作等在剧中表现得淋漓尽致!

作为一部受到观众喜爱的情景喜剧,《老友记》的精彩并不仅仅来源于它对生活原生态的再现。虽然《老友记》自始至终严格地遵循着美国情景喜剧的基本规则:每集故事掀起的高潮都会在半小时的限定时间内归于平静,而且从制作上看,我们不仅找不到任何特别的地方,简直可以用循规蹈矩、缺乏新意来形容它。但是《老友记》并不是你想像中那样平庸乏味。只需看上一集,没有人能逃脱那些来自于异想天开的剧情、高潮迭起的故事和形形色色客串明星的“致命诱惑”。尤其是那些轻松而诙谐的人物对白,蕴涵着一种独特的“美式”幽默,令人拍案叫绝。

还记得这种独特的“美式”幽默早在 1994 年 9 月 22 日《老友记》播出第一季第一集时便初显端倪。穿着婚纱的 Rachel 风风火火地冲进“中央咖啡厅”,然后一脸无辜地向完全摸不着头脑的人们解释自己逃婚的原因:“我突然意识到自己不爱 Barry,我不能和‘薯头先生’结婚。“薯头先生”,一个在美国家喻户晓的卡通形象,将《老友记》人物对白的美国文化底蕴体现得淋漓尽致。由此,我们很容易理解,为什么生于斯、长于斯的美国人会对《老友记》产生强烈的认同感。并且,剧中对话风趣幽默,几乎涵盖了当今美国青年最常用、最喜欢的口语表达方式。因此,该剧成为越来越多非英语国家英语学习者的最佳口语学习资料。

5. *Frasier* NBC

1993–2004



Frasier is a sophisticated comedy about the trials and tribulations of Dr. Frasier Crane, a Harvard graduate with a degree in psychiatry. He hosts a talk show where patients needing help call in and receive his own brand of pompous advice, and so the hilarity ensues. The show centers on the lives of Dr. Frasier Crane, his brother Dr. Niles Crane, their father Martin Crane and his health-care worker Daphne Moon. Lots of witty talks; 76 Emmy nominations.

Frasier Crane 是一位西雅图的心理学家，毕业于哈佛大学，正主持一个心理咨询的广播节目。他与他的弟弟 Niles Crane(也是一位心理学家)生活考究，讲话风趣，自视为上流社会中人。而他们的父亲 Martin Crane 则是一个退休警察，随和简朴，与他们形成强烈反差。再加上一个一口曼彻斯特口音的英国保姆 Daphne Moon，演绎出许多智慧幽默的故事。该剧曾获 76 次艾美奖提名。

6. *Mad about You* (NBC)

1992–1999



Paul Reiser and Helen Hunt star in this look at two New York yuppies and their adventures in marriage and (eventually) parenting.

《为你疯狂》由 Paul Reiser 和 Helen Hunt 主演，是一部关于纽约雅皮士婚姻生活的情景喜剧。Helen Hunt 在 1997 年出演 *As Good as It Gets*，并凭借此剧获得奥斯卡最佳女主角奖。

7. *The Fresh Prince of Bel Air* (NBC)

1990–1996



A kid from the streets of Philly comes to live with his relatives in swanky Bel Air, and the hilarity begins. What set this series from the hordes of other “fish out of water” shows was the immediate star power of the

Fresh Prince himself, Will Smith was a rap star before the series, and has turned into a genuine movie star (*Independence Day*, *Men in Black*) since it ended.

Fresh Prince of Bel Air 讲的是一个黑人青年, 来到 Bel Air(加州一个高档社区), 跟他的大律师叔父一家住在一起, 闹出了许多穷小子在富人圈中的笑话。主角 Will Smith 因演此剧而走红, 先后出演了《独立日》、《黑衣人》等大片。

8. *Home Improvement* (ABC)

1991-1999



The 1990s brought a blue collar sensibility to television in the form of several shows, including this sitcom. Allen plays Tim Taylor, the host of a cable TV show *Tool Time*. A man who loves his tools, Tim is also a certified klutz, whose wacky mistakes prove much of the show's humor.

Home Improvement 把蓝领阶层的生活搬上情景喜剧的舞台, 主角是一个热爱手工工具的人, 在电视台主持一个“工具时间”的脱口秀, 同时他也是一个笨手笨脚的人, 闹出很多笑话。



9. *Will & Grace* (NBC)

1998–2006



Will & Grace debuted with a controversial splash because one of its two lead characters is gay—but smart writing and topnotch performances, not politics, have made the show a hit. Much like *Seinfeld*, the humor on *Will & Grace* springs from self-obsession, petty jealousy, and compulsive interfering in each other's lives—basically, the building blocks of human nature.

《威尔与格蕾丝》一开播就备受争议，原因就是其中的男主角是同性恋，然而其巧妙的编剧和剧中人物精湛的表演却不容忽视。与《宋飞传》有些相似之处的是，《威尔与格蕾丝》也是从人的自我困惑、嫉妒和对彼此的强加干涉的角度出发来制造冲突，基本上，这也是人性的基本构架了。自本剧集开播以来，几位主演先后多次获得过艾美奖和金球奖的提名。

10. *Everybody Loves Raymond* (CBS)

1996–2005



Everybody Loves Raymond revolves around Ray Barone, a successful sportswriter living on Long Island with his wife, Debra, 12-year-old daughter, Ally, and 8-year-old twin sons, Geoffrey and Michael. Raymond is kind, smart, humorous and gets along well with people. Ray's meddling parents, Frank and Marie, live directly across the street and embrace the expression “Mi casa es su casa,” infiltrating their son's home to an extent

unparalleled in television history. Frank's favorite expression, “Holy Crap,” is shouted at regular intervals, and Marie's cooking advice is less than appreciated by Debra. Brother Robert, a divorced policeman, is constantly moving in and out of his parents' house, and loves to drop over

and resent Ray's successful career and happy family life. Ray and Debra just wish their family would knock once in a while.

《人人都爱雷蒙德》围绕纽约一家体育报社的记者 Ray Barone 展开故事情节。他与妻子 Debra、四岁的女儿 Ally 以及一对两岁的双胞胎——Michael 和 Geoffrey，一起住在纽约长岛一栋宽敞漂亮的房子里。Raymond 工作上取得的优异成就和亲切风趣的性格让他成为所有人爱戴的对象。然而，事事不可能都遂人意，来自住在马路对面的 Raymond 的父母和兄弟的骚扰让他的生活变得一团糟——控制欲极强的老母亲、恶习连连的老父亲、性格古怪缺根筋的大块头弟弟。如果哪天他们会在冲进来之前敲一下门，Raymond 小夫妻就该谢天谢地了。天！这会是什么样的生活？

11. *Two and a Half Men* (CBS)

2003–Present



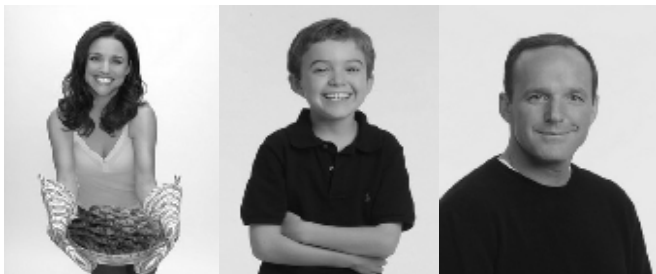
Charlie is a well-to-do bachelor with a house at the beach, a Jaguar in front and an easy way with women. His casual Malibu lifestyle is interrupted when his tightly wound brother, Alan, who's facing a divorce, and Alan's son, Jake, come to stay with him. Together, these two and a half men confront the challenges of growing up. Complicating matters are the brothers' self-obsessed, controlling mother, Evelyn, Alan's estranged wife, Judith, and Charlie's crazy neighbor, Rose. As a result, they manage to create a little family unit that promises to make each of them a better man.

获艾美奖提名的《好汉两个半》是一部关于两个兄弟和弟弟的儿子们的故事，当然故事中少不了各色女人。Charlie 是一个潇洒多情的单身汉，有一栋漂亮的海边别墅，门前停着酷酷的 Jaguar，身边美女如云，但是自由放纵的生活被遭遇离婚危机的兄弟 Alan 和弟弟的儿子 Jake 彻底打乱了，再加上 Charlie 和 Alan 控制欲膨胀的母亲、Alan 有些神经质的前妻和疯狂迷恋着 Charlie 的女邻居 Rose。接下来发生的事便是关于女人、成长，更多的是这两个半男人的“疯狂”度日。最终，他们决定组织一个温暖的小家，发誓要让他们

每个人都成为一个好男人。

12. *The New Adventures of Old Christine* (CBS) 2006–Present

The New Adventures of Old Christine is an odd title but the explanation comes midway through the premiere. Louis-Dreyfus plays Christine, a divorced mother of a third-grader. The parting was amicable and she remains on good terms with Richard (Clark Gregg), who is seeing a much younger woman, also named Christine (Emily Rutherford). That, of course, makes Louis-Dreyfus' character the Old Christine.



因出演《宋飞传》(又名《辛菲尔德》)荣获第48届艾美奖喜剧类最佳女配角的 Julia Louis-Dreyfus, 2006年又因主演本剧荣获第58届艾美奖喜剧类最佳女主角奖。情景喜剧《俏妈新上路》观点坦诚率直,塑造了 Christine Campbell 这样一位美国新潮母亲的形象。单身辣妈的生活每天都像在历险,但随着 Richard 的新女友——“新”Christine 的出现,心仪约会对象的女友——“美丽”Christine 的现身,“老”Christine 的麻烦接踵而至,一连串的好戏就这样开始了。

13. *My Name is Earl* (NBC) 2005–Present



Earl has taken one too many wrong turns on the highway of life. However, a twist of fate turns his life into a tailspin of life-renewing events. Earl wins a small lottery, and, after an epiphany, he is determined to transform his good fortune into a life-changing event as he sets out to right all the wrongs from his past. But does everything go well? We'll see.

Earl's such an oddly effective guy with limited intelligence, but we believe that one good turn deserves another.

Earl 的人生道路走得坎坷曲折。然而一件有可能改变他命运的事情发生了——Earl 中了一小笔彩票奖金。经过一段时间的思考，他决定借这次好运来改变自己的生活，让自己的生活来一次彻底的“拨乱反正”。但是，事情真的顺利发展了吗？我们拭目以待。Earl 这个角色古古怪怪，而且有点傻乎乎的，但我们相信“好人有好报”。

Among other popular sitcoms are:

这里是其他一些很受欢迎的情景喜剧：

Cheers

Family Matters

Third Rock from the Sun

The Drew Carey Show

Married with Children

Jesse

Dharma and Greg

Suddenly Susan

...



Cartoon TV series



Cartoon TV series are not exactly sitcoms but they're very similar in many aspects (and in all the laughter they bring us). Worth mentioning here are the two most popular ones:

卡通系列电视喜剧并不是严格意义上的情景喜剧，但两者在许多方面十分相似，从语言方面看，卡通喜剧同样是精彩口语的大本营。这里有必要向大家推荐其中最受欢迎的两部。