



1. **Get cold feet** - pensar em desistir de fazer algo.
*They're getting married next Saturday, that's if Jack doesn't get cold feet.
I'm worried she might get cold feet about our trip to France.*
2. **Go off the map** – sumir por uns tempos, deixar de ser visto.
When he got his trust fund, he went off the map for two years.
3. **Chew out** – dar uma bronca em alguém
His boss will chew him out if he doesn't turn in the report in time.
4. **Shake down** – chantagear alguém para conseguir dinheiro
He claimed that a government official shook his company down for \$10,000 in campaign contributions.
5. **Step up to the plate** – responsabilizar-se por fazer algo.
It is time companies stepped up to the plate and made sure the meat they sell is safe to eat.
6. **Suck up** – puxar o saco
Andy was sucking up to the teacher the whole semester and that's why he got so many good grades.
7. **Sign up for** – matricular-se, inscrever-se
Did you sign up for that photography course?
8. **Hang out** – passar tempo com alguém
Hey, wanna join us for a beer? Let's hang out with the guys.
9. **Go aggro** – agir agressivamente
That kid didn't have to go aggro on the teacher. Now he's suspended for a week.
10. **Hit it off** – dar-se bem com alguém
I knew from the very start that they would hit it off.
11. **Hit on** – paquerar alguém
He spent the whole party hitting on the host's sister, but she didn't pay him any attention.
12. **Pitch in** – ajudar, dar uma mão
OK, we need to decorate the classroom and everybody's going to have to pitch in.
13. **Mess up** – machucar, bagunçar, fazer uma burrada
*I messed up my ankle playing touch football.
Most of kids at the party were well behaved, but there's always a few who mess things up.
I really messed up my chemistry exam.
We had a chance to win the game, but we messed it up.*
14. **Lighten up!** – Relaxa! Desencana!
Will you lighten up already? Today's Saturday and all you can think of is work!

See you next time!