

Running Shoes

Vocabulary:

complete (verb): finish

Example: My sister completed the marathon in under four hours.

be toast (idiom): be in trouble

Example: You're toast if you don't apologize to your wife.

be in hot water (idiom): be in trouble

Example: Lauren is going to be in hot water if she doesn't clean the house before the wedding reception.

fess up (idiom): admit a mistake

Example: Unless you fess up to the teacher about cheating, she will never believe you in the future, and you will fail the class.

buy (a story) (idiom): believe something that someone tells you

Example: My parents bought my story. They think that I am going to spend the night at my friend's house.

be frank (verb): be honest and tell the truth

Example: Why weren't you frank with your boss about the job? It always pays to be honest.

live with oneself (idiom): accept a mistake or difficult situation

Example: How can he live with himself? He stole money from the company, but he was justified in doing so.

sponsor (verb): support someone or something like a sports event with money or other goods

Example: We are looking for companies to sponsor the race. Would you be interested in doing so?

run in the family (idiom): to have something in common

Example: Running marathons runs in our family. My father does it, and so do I.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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