

R r

rabbit

pull a rabbit out of the hat يفاجئ الكل

بحيلية غير متوقعة (كما يفعل الحواة) (ع)

e.g. He's one of those players who just when you think the game is over, can pull a rabbit out of the hat.

rabbits

breed like rabbits

يتوالدون كالارانب أى يلدون كثيراً من الأطفال .

e.g. It's like I was saying to Derek, they all intermarry and they breed like rabbits.

race

a race against time/the clock يسابق الزمن

e.g. Saving the patient's life was a race against time; he had only three hours to live.

race against time/the clock.

e.g. Rescuers were racing against time last night to reach the four divers, trapped 200 feet down on the seabed.

rack

on the rack على أحر من الجمر، متوتر جداً

e.g. You're left on the rack for three days waiting for the results from the hospital.

يواجه امتحاناً صعباً

e.g. Here was a respected politician being put on the rack.

rag

lose your rag

تفقد السيطرة عند الغضب وتأخذ في الصياح

e.g. He said too many stupid things and I just lost my rag.

rag-tag and bobtail

عامية الناس - الأراذل والسفهاء

e.g. He used to bring all the rag-tag and bobtail into the house.

chew the rag يتذمر ، يشتكى

e.g. The men were becoming discontented and often chewed the rag after work.

rage

be all the rage

في الأزياء .. الخ . آخر صيحة ، آخر موضة

e.g. Short dresses and long boots were all the rage last year.

ragged

be on the ragged edge

منهك، في قمة التعب والإحباط

e.g. Top professional coaches are on the ragged edge of exhaustion and frustration.

run sb ragged

تنهك قوى شخص من كثرة العمل الشاق

e.g. What with party preparations and having to look after the kids all this week, I've been run ragged.

rags

go from rags to riches

من الأسعمال إلى الأموال ، من الفقر إلى الغنى

e.g. The story is about a young girl from the country who became a famous film star and went from rags to riches.

rags-to-riches

e.g. Raised in poverty by an uncle in Oklahoma, his was a real rags-to-riches story.

rails

be back on the rails

تعود الأمور إلى مسارها الطبيعي

e.g. The minister emerged from three hours of discussions, confident that the talks are now back on rails.

go off the rails - يصاب بالارتباك والتدهور -

يخرج عن النمط الطبيعي

e.g. He went off the rails in his twenties and started living on the streets.

rain

(come) rain or shine ١. مهما كان الطقس

e.g. He always goes for a walk on Sunday, rain or shine.

٢. مهما حدث

e.g. Come rain or shine, I'll be there, I promise.

I'll take a rain check

I'll get a rain check سأقوم بتأجيل الموعد

e.g. I won't play tennis this afternoon but can I get a rain check?

ask (sb) for a rain check سأطلب التأجيل

e.g. I was supposed to see Marge on Saturday. I'll have to ask her for a rain check.

rainbows

chase rainbows تضيع الوقت والجهد
لتحصل على سراب أى المستحيل

e.g. I don't think my parents ever believed I'd make it as an actor. I think they thought I was just chasing rainbows.

raining

it is raining cats and dogs

تمطر كأفواه القرب، تمطر بغزارة

e.g. In the middle of the picnic, it started to rain cats and dogs and everybody got soaked.

rains

it never rains but it pours

المصائب لا تأتي فرادى

e.g. My car has broken down and the same has happened to my wife's; it never rains but it pours.

rainy

save (sth) for a rainy day وقت الحاجة،

تدخر شيئاً لوقت الحاجة (اليوم الأسود) (ع)

e.g. She has a couple of thousand pounds

kept aside for a rainy day.

a rainy day fund مبلغ مدخر من المال للطوارئ

e.g. I'm hoping that I can pay for my holiday without dipping into my rainy day fund.

raison d'etre

sb's/sths raison d'etre

سبب الوجود ، أهم شيء فى حياة شخص

e.g. She's never going to retire. Work is her raison d'etre.

raise

raise Cain يقيم الدنيا ولا يقعدھا

e.g. His wife will raise Cain when she discovers how much he has spent.

rake-off نصيب من الأرباح تحصل عليه
دون وجه حق - عمولة

e.g. Corrupt custom officers were taking a rake-off from import taxes.

ramrod

be as stiff/straight as a ramrod (تعبير قديم)

يقف أو يجلس وظهره مستقيم ومتصلب كعمود

e.g. At eighty three, he's still as straight as a ramrod.

rank

the rank and file

الأفراد العاديين فى منظمة (ليسوا من القادة)

e.g. The rank and file of the union have decided to go on strike.

rank-and-file

e.g. Nearly two-thirds of the votes went to union leaders and rank-and-file party activities.

pull rank تستخدم نفوذك وتفرض إرادتك

على من هم دونك فى المركز

e.g. She was boss of forty or more people but, to her credit, she never once pulled rank.

ranks

break ranks تملن ثورتك على مجموعة تكون
أنت أحد أفرادها - يخرق أو يشتت الصفوف ، يفرق

e.g. Junior officers were said to be prepared to break ranks with the leadership.

close ranks

يتكاتف - يضم الصفوف (في وجه المخاطر .. الخ)

e.g. In the past , the party would have closed ranks around its leader and defended him loyally against his critics.

join the ranks of sth تنضم إلى مجموعة

e.g. Thousands of young people join the ranks of the unemployed each summer when they leave school.

ransom

hold sb. to ransom

يطالب بقدية، يطالب بحقوقه بالتهديد

e.g. Some people regarded the miners' strike as the union holding the nation to ransom.

rap

a rap across/on/over the knuckles

عقوبة خفيفة تعتبر كإنذار ، نقد شديد

e.g. Her remarks earned her a sharp rap across the knuckles from the Prime Minister.

rap sb's knuckles يعاقب أو ينتقد ، يوبخ

e.g. She rapped my knuckles and sent me on my way.

a rap sheet

صحيفة سوابق للمجرم

e.g. The gunman's rap sheet had a long list of weapons and narcotics offenses.

beat the rap يهرب من العقاب

e.g. There's no way he can beat the rap now. No lawyer can save him.

take the rap

يقع عليك اللوم أو العقاب على خطأ لم ترتكبه

e.g. I'm not going to take the rap for someone else's mistakes.

raptures

go into raptures

تشعر وتتكلم بمتنتهى السعادة عن شيء

e.g. She went into raptures about the chocolate cake.

raring

be raring to go

متحفزاً للعمل

e.g. At three in the morning he was still wide awake and raring to go.

raspberry

blow a raspberry

يصدر صوتاً بذيئاً
بالفم دالاً على كره أو اعتراض (عامية)

give a raspberry

e.g. A boy of no more than six appeared, blew a raspberry at me and then ran away.

rat

a rat fink

شخص جدير بالازدراء ،

شخص كرهه ، شخص يفشى أسرارك للبوليس

e.g. If I find the rat fink who informed on me, he won't live long enough to do it again.

a rat race

طريقة عقيمة يتنافس بها الناس في

العمل في سبيل النجاح - التزاحم على لقمة العيش

e.g. I'd love to get out of the rat race and buy a house in some remote part of the countryside.

smell a rat

تشعر بأمور تدبر في الخفاء -

يشتتم خديعة - يشتبه بوجود شيء مريب

e.g. She smelled a rat when she phoned him at the office where he was supposed to be working late and he wasn't there.

rat-arsed

سكران (بذيء)

rat-assed

e.g. They came home completely rat-arsed.

put/set the record straight

تدلى بالحقيقة التي أساء الناس فهمها عن موقف

e.g. She is writing her memories to set the record straight once and for all.

rate

at a rate of knots بسرعة جدا

e.g. She did her homework at a rate of knots so that she could go out with her friends.

raw

come the raw prawn

تظاهر بجهلك عما يتكلم عليه شخص آخر

e.g. Oh, don't come the raw prawn on me, Scott. I saw you writing down her phone number as I walked into the room.

get a raw deal

تعامل بطريقة أقل من الآخرين ، معاملة سيئة

e.g. The fact is that kids who are brought up in classes of over thirty get a raw deal.

in the raw عارٍ ، بلا ملابس

e.g. She often swims in the raw.

ray

a ray of sunshine

شعاع من نور - أمل وخصوصا في الأوقات الصعبة

e.g. Amid all the gloom; their grandson has been their real ray of sunshine.

rays

catch some rays**catch a few rays**

تجلس في الخلاء تستمتع بالشمس

e.g. I thought I'd take my lunch and catch a few rays.

razzle

be/go (out) on the razzle

تتمتع بالحياة فتشارك في الحفلات .. إلخ

e.g. We're going out on the razzle on new year's Eve-do you fancy coming?

reach

reach for the moon/stars

تحاول الحصول على أشياء صعبة

e.g. If you want success, you have to reach for the moon.

read

take it as read

تقبل الأمر على علته دون التأكد من صحته

e.g. We just took it as read that we were invited.

ready

ready cash/money نقداً

e.g. They need investors with ready money if they're going to get the project started.

be ready to roll ١. مستعد للعمل

e.g. The new TV film is ready to roll.

٢. سيفادر حالاً

e.g. Give me a call when you're ready to roll, and I'll meet you outside.

real

the real McCoy الشيء الأصلي وليس التقليد

e.g. Cheap sparkling wines cannot be labelled champagne. It has to be real McCoy.

get real واجه الحقيقة (مثل أمر)

e.g. Oh, get real ! You're not tall enough to be a model.

reap

you reap what you sow**as you sow, so shall you reap**

تحصد ما تزرع - أي تجني نتيجة أعمالك

e.g. If you treat your friends like that, of course, they will drop you. You reap what you sow in this life.

rear

bring up the rear

نكون في مؤخرة المجموعة أو الصف

e.g. Bringing up the rear, a mile or so down the road was Simon.

rear-end

rear-end sth تصطدم بمؤخرة السيارة التي أمامك

e.g. His car was rear-ended while he was stopped at the light.

rearguard

fight a rearguard action

تحاول جاهداً منع رد فعل يصعب تجنبه

e.g. The unions were fighting a rearguard action against the government's attempts to strip them from their powers.

re-arranging

be like re-arranging the deckchairs on the Titanic

e.g. With unemployment at record levels, plans for better advertising of job vacancies are a bit like rearranging the deckchairs on the Titanic.

reason

it stands to reason شيء معقول أو متوقع

e.g. It stands to reason that a child who is constantly criticized will grow up to have no self-confidence.

rebound

on the rebound

حزين ومرتبك لفشله في علاقة غرامية

e.g. She was on the rebound when she met Jack.

receiving

be at/on the receiving end

تعانى من سوء معاملة الآخرين ، تتلقى الإهانات

e.g. Sales assistants are often at the receiving end of verbal abuse from customers.

recipe

be a recipe for (disaster/success etc)

يكون السبب في حدوث (المصائب - النجاح .. الخ)

e.g. Living with your husband's family is a recipe for disaster.

record

for the record على سبيل التذكير بالأمر

e.g. Just for the record I've never been to his house and I've only met him a few

times, whatever the media is saying .

put/set the record straight

red

red eye ويسكى (مشروب كحولي) رخيص الثمن

e.g. The man was leaning against the wall, swigging from a bottle of red eye.

a red eye رحلة جوية ليلية

e.g. We took the red eye from Seattle to New York.

red tape الروتين ، الإجراءات الرسمية ،
تعرقل - توقف (شمع أحمر)

e.g. My passport application has been held up by red tape.

not a red - cent لا نقود إطلاقاً ، ولا مليم (ع)

e.g. I did all that work for them and they didn't give me a red cent.

a red herring شيء مضلل أو للتعميه - أكذوبة

e.g. About half way through the book it looked as though the butler was the murderer, but that turned out to be a red herring.

be in the red تكون لدينا لبنك

e.g. Many of the students were in the red at the end of their first year

be like a red rag to a bull كالخرقة الحمراء
للثور الهائج (تثير الغضب الشديد)

e.g. For Claire the suggestion of a women-only committee was like a red rag to a bull.

roll out the red carpet يبسط البساط الأحمر
تحت قدميه تحية له (شخصية عظيمة)

e.g. The red carpet was rolled out for the President's visit.

the red - carpet treatment

يعامل معاملة العظماء

e.g. She was given the red carpet treatment in Japan where her books are extremely popular.

see red

يفضب غضبا شديدا ، يستشيط غضباً ، ينفد صبره

e.g. When he laughed in my face, I saw red.

red-blooded

رجل في غاية النشاط والحيوية

وميال لممارسة الجنس - دمه حامى (ع)

e.g. He's a normal red-blooded male- of course he wants to sleep with you.

red-handed متلبس بالجريمة

e.g. I caught him red-handed trying to break into my car.

red-hot

مثير جداً ، ناجح - مملوء بالنشاط والحيوية - يشع حماساً

e.g. British athletes are red-hot at the moment.

e.g. Their divorce is the red-hot story in this morning's press.

red-letter

a red-letter day يوم مشهود - يوم العنى

e.g. Next Thursday is a red-letter day for me; it's the day I am expecting the results of my exams.

red - light**the red-light district**

أحد أحياء المدينة تباع فيه الرذيلة

e.g. A prostitute was found murdered in the city's red-light district last night.

redound**redound to one's credit**

يعود على شخص بالثناء أو الحمد

e.g. The work that you have done to help these old people will certainly redound to your credit.

reduced**in reduced circumstances**

في مستوى مادي أقل من مستوى الشخص سابقا

e.g. They found him living in reduced circumstances in a flat off Fulham Road.

reduce someone to tears يبكيه ، يجعله يبكي

e.g. His angry words reduced her to tears.

regain**regain one's feet**

يعود ليقف على قدميه بعد الوقوع

e.g. The boxer managed to regain his feet, but he was obviously not going to be able to fight much longer.

regular

be as regular as clockwork منتظم كالساعة

e.g. He came in here every morning at nine, regular as clock work, i.e. it was a fixed habit of his.

reign

a reign of terror عهد الاستبداد، حكم يمارس فيه الحاكم السلطة المطلقة

e.g. My father's generation, who lived through the reign of terror, will never forget it.

reins

hand over the reins نلقى بمسئولية القيادة (منظمة أو بلد) على عاتق شخص آخر

e.g. Company chiefs are often reluctant to hand over the reins of power to younger people.

take over/up the reins يقوم بقيادة منظمة أو بلد

e.g. He took up the reins of government immediately after the coup .

tighten the reins

يتشدد في القيادة، يتشدد في المعاملة

e.g. She lightened the reins on her younger sons in an effort to curb their wild behaviour before it's too late.

loosen/relax the reins يلقى الحبل على الغارب - يتساهل في المعاملة - يطلق العنان

e.g. The government has relaxed the reins

on wage control to boost consumer spending.

religion

get religion ١. يتدين بتطرف

e.g. He suddenly got religion when he went to college.

٢. يببالغ في عمل شئ
e.g. I get religion each time I do my income tax. I always wonder why I didn't keep better records.

Renaissance

a Renaissance man

رجل النهضة، رجل متنور غزير المعلومات

e.g. He's a poet, astronomer, musician - an all - round Renaissance man.

rent

a rent boy ولد أو شاب يمارس الرذيلة مع الرجال في مقابل المال

e.g. He spent a year in London working as a rent boy.

rest

the rest is history وباقى القصة يعلمها الجميع

e.g. the Beatles signed a recording contract in 1962 and the rest is history.

Give it a rest! كفاك كلاماً في هذا الموضوع

e.g. When are you going to wash the car?

Oh, give it a rest! I'll do it in a minute.

retreat

beat a retreat يفر، يتراجع

e.g. When we saw the police arriving we beat a hearty retreat.

revolving

a revolving door التنقل من منظمة إلى منظمة أو من العمل الحكومي إلى العمل الخاص

e.g. Congress has tightened regulations to slow down the revolving door between government and industry.

rhyme

no rhyme or reason لا تفسير لهذا الأمر بالمنطق أو العاطفة، لا سبب أو مبرر على الإطلاق.

e.g. I don't know what makes her behave like that. There's no rhyme or reason to it.

without rhyme or reason

e.g. Changes have been made to the test without rhyme or reason.

ribs

stick to your ribs تشعر بالامتلاء (بعد الأكل)

e.g. The chocolate pudding really sticks to your ribs.

rich

a rich theme موضوع واسع متشعب يمكن مناقشته أو الكتابة فيه أو التهكم عليه

e.g. Both wars have provided a rich theme of drama for playwrights and novelists alike.

filthy/stinking rich في غاية الغنى

e.g. Most of us are stinking rich compared to the average citizen in the Third World.

strike it rich يحصل على ثروة فجأة

e.g. He struck it rich in the oil business.

that's (a bit) rich!

وأنت ليس خيراً مني! - هذا مبالغ فيه - غير منطقي

e.g. I'm greedy? That's a bit rich coming from you

riddles

talk in riddles

يتكلم بالألغاز أي بطريقة يصعب فهمها

e.g. She keeps talking in riddles, instead of just coming out and saying what she wants.

ride

a pumpy/rough ride

يعامل معاملة سيئة، يقابل بالصعاب، يُرفض

e.g. Government plans to cut sick pay had a rough ride in the house of commons.

opposite an easy/smooth ride

العكس - تمر الأمور بسهولة

e.g. It has taken years to set up a support network without adequate funding. It hasn't been an easy ride.

يمشى مع التيار
دون عمل إيجابي - يشارك في نشاط دون عمل إيجابي

e.g. My husband is speaking at the dinner and I'm just going along for the ride.

دع الأمور تجرى في مجاريها

e.g. Don't panic against low sales. let it ride for a while till we see if business picks up.

تخدع أو تفش شخصاً

e.g. I trusted him but he took me for a ride.

riding

be riding high

نجمه في صعود - يصبح ناجحاً جداً

e.g. Shops are riding high on the latest consumer spending boom.

الصعود إلى الهاوية

e.g. Jack's proud behaviour is losing him a lot of friends. He is riding for a fall. i.e. the enemies he is making may cause him trouble.

حتالة المجتمع (طريقة غير مهذبة لذكر الطبقة الدنيا من المجتمع)

e.g. We don't want drug addicts and other riff-raff living near us.

right on

أوافق تماماً على ما تقول

e.g. He said he didn't think I really wanted him to be here and I thought. 'Right on!'

يكون في حالة طيبة

e.g. I'll be as right as rain as soon as I take a bath.

be in the right place at the right time

تختار الزمان والمكان المناسب

e.g. The secret of success is being in the

right place at the right time.

be on the right track

على الخط أو الدرب الصحيح

e.g. Our success in the opinion polls proves we're on the right track.

put sb on the right track

توجه شخصاً إلى الطريق الصحيح

e.g. When things went wrong I had a chat with Phil and he put me on the right track.

not be right in the head

يعانى من مرض عقلى - مجنون

e.g. His aunt's not right in the head, poor soul. You sometimes see her wandering up the street in her nightie.

hit/strike the right note

يضرب على الوتر المناسب فيحدث الأثر المناسب

e.g. He saw his remarks had struck the right note. His friend was smiling now.

make (all) the right noises

يعبر عن حماسه وإعجابه

e.g. I think she liked my presentation. She certainly made all the right noises.

press/push the right button/buttons

تقوم بما يجب عمله لتحقيق النتيجة المطلوبة

e.g. You have to know how to push all the right buttons if you want to be a successful diplomat.

e.g. Sometimes you're interviewing someone really shy and then you press the right button and they just don't stop talking.

see sb. right

١. تدفع لشخص أجر عمله ، يعطيك حقوقك

e.g. Go and talk to Mr. Mason when you've finished. He'll see you right.

٢. تساعد شخصاً

e.g. If you run into a problem, speak to Lucy. She'll see you right.

serve sb right ينال ما يستحق (من عقاب)

e.g. And she didn't get the promotion she'd hoped for, which served her right for being so smug.

we've got a right one here

تشير بهذه العبارة إلى وجود إنسان غبي

e.g. We've got a right one here! This guy has forgotten to sign this letter.

would give their right arm مستعد للتضحية

بأى شيء في سبيل الحصول على شيء ما

e.g. Lots of people would give their right arm for a job like yours.

right-hand

sb's right-hand man/woman

شخص يكون كيدك اليميني يساعذك وتعتمد عليه

e.g. How will the director cope without his right-hand man, who resigned yesterday due to ill health?

right-on شخص عادل غير متحيز للنوع أو

الجنس أو الشكل ولا يسيء لأحد

e.g. She wrote a very right-on book about attitude to far people.

rights

catch/have sb dead to rights

catch/have sb bang to rights

تجد من الأدلة ما يثبت جرم شخص

e.g. I was driving way above the speed limit and the police radar caught me dead to rights.

ring

have a ring to it كلمة أو جملة لها موسيقى

ورنين خاص يستحوذ على اهتمامك

e.g. I suppose 'Cathy's country cooking' has a certain ring to it.

rings

run rings around/round sb

يفوق أو يتفوق على

e.g. Why does he talk to Allison as if she's

stupid, when we all know she could run rings around him?

ringside

a ringside seat/view

موقع تتابع منه الأحداث بسهولة

e.g. If there's going to be a confrontation between management and unions, I'd like a ringside seat.

rinky - dink

غير هام ، رديء النوعية

e.g. We drove into a rinky-dink town in rural Pennsylvania.

e.g. This isn't rinky-dink stuff-it's high quality furniture.

riot

read (sb) the riot act

يوبخ توبيخاً عنيفاً

e.g. He'd put up with a lot of bad behaviour from his son and thought it was time to read him the riot act.

run riot

١. شغب، ٢. حالة فوضى

Run riot

١. شغب

e.g. I dread them coming round because they let their kids run riot.

e.g. My imagination was

٢. حالة فوضى

running riot, thinking of all the ways that I could spend the money.

Rip

Let it/her rip

يسير بسرعة أو بشدة

e.g. She put her foot on the accelerator and he said, 'Ok, let her rip'.

Let rip يعبر عن مشاعره، فجأة دون تحكم

e.g. This time I was furious and I let rip.

٢. تسمح بخروج غازات كريمة من المقعدة بصوت عالٍ

e.g. You can't just let rip when you are in a smart restaurant.

Ripe

Live to a ripe old age

تعيش إلى أن تصبح عجوزاً

e.g. Both his grandparents lived to a ripe old age.

Rip – off شيء لا يساوي ما يُدفع فيه

e.g. Mobile phones can be a real rip-off if you're not careful.

Ripple

a ripple effect شيء يؤثر في شيء ثان ثم الشيء الثاني يؤثر في ثالث وهكذا (كالموج)

e.g. Court rulings often have a ripple effect, spreading into areas of law that weren't part of the original cases.

rip-roaring مثير جداً وناجح

e.g. The show was a rip-roaring success.

The car was launched with a rip-roaring publicity campaign.

rise

rise and shine

تعبير يقال لمن توقظه من النوم في الصباح

e.g. Rise and shine sleepy head-you have to leave for school in twenty minutes.

get a rise out of sb تنجح في مضايقة شخص

e.g. Ignore him. He's just trying to get a rise out of you.

rite

a rite of passage

طقس أو احتفال يبين انتقال الإنسان من مرحلة في حياته إلى أخرى وخاصة البلوغ

e.g. There's an element of danger to most adolescent rites of passage, whether they be driving, sex, alcohol or drugs.

river

sell sb. down the river يخون العهد، يفشى سره للأعداء ليحظى بمصلحة لنفسه

e.g. A lot of people feel they have been sold down the river by a government who have failed to keep their pre-election promises.

road

your road to Damascus

تجربة تغير مجرى حياتك

e.g. It was this chance meeting in a bar in Portland that he would later describe as his road to Damascus.

road-to – Damascus

e.g. I used to be a slob, but then I underwent a sort of road-to-Damascus conversion to fitness.

a road hog

سائق ردىء لا يفسح الطريق أمام الآخرين

e.g. Come on, let me pass, road hog!

The road to hell is paved with good

الطريق لجهennem مرصوف بالنيات الحسنة

- ليست بالنوايا تقوم الأعمال الطيبة ولكن بالأفعال

e.g. I kept meaning to visit her but I didn't get round to it. The road to hell is paved with good intentions.

down the road

الحدث سيتم في المستقبل فهو لا زال في الطريق

e.g. This is a wonderful invention, but a marketable product is several years down the road yet.

e.g. We may at some point buy a house but that's down the road.

go down that road

تحاول القيام بعمل بطريقة خاصة

e.g. We're thinking of automating our finances, but if we do go down that road we'll need specialist advice.

hit the road

تبدأ رحلة

e.g. It's getting late. I'd better hit the road.

roaring

do a roaring trade

do a roaring business

تبيع البضائع بسرعة - عمل منجز وسريع

e.g. It was a hot day and the ice-cream sellers were doing a roaring trade.

e.g. The toy department was doing a roaring trade in furry dinosaurs.

robbery

daylight robbery

highway robbery عندما تدفع في شراء شيء أكثر من ثمنه تُعتبر سرقة في وضوح النهار

e.g. Three pounds for an orange juice? it's daylight robbery!

rock

rock bottom ١. في أدنى مستوى، في الحضيض

e.g. The morale of prison officers is at rock bottom. ٢. في أسوأ حالة نفسية في حياتك

e.g. I'd never felt so depressed in my life. I was at rock bottom. So I started drinking.

between a rock and a hard place

تختار بين شرين ، تختار بين شيئين كلاهما مر

e.g. I'm caught between a rock and a hard place. If I go with Isabel, it'll be much more expensive and if I go with Julie, Isabel probably won't speak to me again.

rocker

be off your rocker

هل جننت - هل فقدت عقلك

e.g. Spending that much on a car! He must be off his rocker.

go off your rocker

e.g. I'd go off my rocker if I had to stay at home all day looking after kids.

rocket

give sb. a rocket

تعنف أو توبخ شخصاً على ما فعله

e.g. My mum gave me a rocket for tearing my new jeans.

get a rocket

e.g. He got a rocket from his boss for

being late.

go like a rocket آلة تعمل بكفاءة عالية

e.g. How's the new computer? 'Great, it goes like a rocket'

it doesn't take a rocket scientist

you don't have to be a rocket scientist

الأمر في منتهى السهولة ويديهي لا يحتاج لعلماء

e.g. Drugs equals crime. It doesn't take rocket scientists to figure that out.

it's not rocket science الموضوع يديهي

e.g. We're talking basic common sense here. It's not rocket science.

put a rocket under sb. تقوم بعمل شيء

يجعل شخصاً يسرع - تحفز على السرعة

e.g. We're going to have to put a rocket under Tim if we want to catch that train.

rocks

be on the rocks

تواجه مشاكل أو صعوبات، في محنة

e.g. It was no great surprise when they announced their divorce. The marriage had been on the rocks for sometime.

get your rocks off

يمارس الجنس (بذىء - محظور الاستعمال)

e.g. I don't think he cares what she looks like so long as he gets his rocks off.

rod

make a rod for your own back

يسبب المشاكل لنفسه في المستقبل

e.g. People say that if you let your baby sleep in your bed for the first few months you're just making a rod for your own back.

roll

a roll in the hay

ممارسة جنسية سريعة لا علاقة لها بالعواطف

e.g. I wouldn't sacrifice my marriage for a roll in the hay with a waitress.

be on a roll

فترة من الزمن تحقق فيها نجاحات فترة ازدهار

e.g. United are, on a roll right now.

They've won thirteen games in a row.

roller

a roller coaster موقف متأرجح بين الخير والشر

e.g. The Norwegian stock market has been on a roller coaster during the past 18 months.

roller coaster سكة حديد صغيرة في الملاهي

سريعة وترتفع وتنخفض بين مرتفعات وسهول

roller-coaster

e.g. His 11-year career has been a roller-coaster ride of injury, rehabilitation and triumph.

rolling

be rolling in it يتمرغ في النعيم

e.g. If they can afford a yacht, they must be rolling in it.

get rolling مؤسسة أو نشاط ما يبدأ العمل الجاد

e.g. The Junior Soccer League got rolling with its first two games last week.

get sth rolling ١. يحرك موقفاً أو حديثاً

e.g. She made a few lighthearted comments to get the conversation rolling.

come on, let's get rolling- it's late

٢. يغادر مكاناً

have sb rolling in the aisles

في حالة ضحك متواصل

e.g. Considered by many to be one of Britain's best comedians, Izzard has had audiences rolling in the aisles all over the country.

be rolling in the aisles

e.g. I don't think I laughed once and yet all people around me were rolling in the aisles.

Rome**Rome wasn't built in a day**

لم تخلق الدنيا في يوم واحد

e.g. Sometimes it seems like we've spent all our lives decorating this house. 'Well, Rome wasn't built in a day.'

fiddle while Rome burns

تلهو متناسيا ما عليك من واجبات هامة

e.g. Environmentalists claim that the government is fiddling while Rome burns.

when in Rome (do as the Romans do)

إذا كنت في روما افعل ما يفعله الرومان أي (إذا

كنت في بلد غريب تصرف بمثل سلوكهم)

e.g. I don't drink wine when I'm at home but on holiday, well, when in Rome.

roof

a roof over your head مأوى

e.g. We didn't have any money, but at least we had a roof over our heads and food in our stomachs.

the roof caves/falls تحل المصاب

e.g. For the first six years of my life I was happy. Then my father died and the roof caved in.

go through the roof (للأسعار) ترتفع

ارتفاعاً خطيراً (تصل إلى السقف)

e.g. As a result of the war, oil prices have gone through the roof.

raise the roof يحدث ضجة عالية

e.g. They finished the set with their current hit and the audience raised the roof.

roof tops**shout sth from the roof tops**

يعلن على الملأ أو على رؤوس الأشهاد

e.g. When I discovered I was pregnant, I wanted to shout it from the roof tops.

room

not room to swing a cat كناية عن ضيق المكان

e.g. There is no room to swing a cat in the third room, it's so tiny.

roost

rule the roost تكون قويا وتتحكم في المجموعة

e.g. It was my mother who ruled the roost at home.

root

root and branch جذور وفروع ، يقتلع
الشيء من جذوره لردائه - يقضى عليه تماماً

e.g. Racism must be eliminated, root and branch.

root-and-branch

e.g. These proposals amount to a root-and-branch reform of the system.

take root فكرة أو نظام يبدأ الناس في الإيمان به

e.g. Democracy is now struggling to take root in most of these countries.

roots

put down roots يضرب جذوره ، يستقر

e.g. It would be hard to leave Britain after eleven years. He's put down roots there.

rope

give sb. enough rope (to hang themselves)

يرخي له الحبل فيفضل ويسبب لنفسه المتاعب

e.g. I let him speak on, knowing that he would offend the director, and gave him just enough rope.

go piss up a rope!

أسلوب وقح تطلب به من شخص أن يذهب بعيداً عنك

e.g. Oh go piss up a rope! I'm sick of your complaining.

ropes

be on the ropes! يفشل

e.g. His political career is on the ropes.

show sb. the ropes تُعرّف شخصاً أصول العمل

e.g. The new secretary started today and I spent most of the morning showing her

the ropes.

know the ropes يعرف أصول العمل

e.g. She's been in this job long enough to

know the ropes.

rose

rose - coloured

rose - coloured glasses

rose-coloured spectacles

سعادة متصلة - طريق مفروش بالورود

e.g. She's nostalgic for a past that she sees through rose-coloured glasses.

roses

put the roses in sb's cheeks

bring the roses to sb's cheeks

يمنح الصحة والحيوية

e.g. A brisk walk will soon put the roses back in your cheeks.

rose - tinted

rose - tinted glasses

rose - tinted spectacles - كناية عن التفاؤل - وكأنه ينظر إلى الحياة من خلال نظارة وردية

e.g. She has always looked at life through rose tinted glasses.

rot

the rot sets in تفسد الأمور وتتدهور

e.g. If couples stop communicating that's when the rot really sets in.

stop the rot تقوم بعمل يحمي الموقف من التدهور

e.g. The team had been suffering low morale before Smith was brought in to stop the rot.

rotten

be rotten to the core

معطوب ، فاسد حتى النخاع

e.g. The whole legal system is rotten to the core.

spoil sb. rotten

يفسد بالتدليل

e.g. My husband spoils me rotten. Look at all the jewelry he's given me.

rough

rough and ready ١. تقريبي وغير دقيق - تقوم بالعمل بسرعة وبلا حرص

e.g. I've done a rough and ready translation of the instructions.

٢. صلب وغلظ (للسلوك)، بلا تهذيب

e.g. Just a warning about the men who work for him, they're a bit rough and ready.

rough edges

(في العمل) نواح تحتاج إلى تحسين أو إلى صقل
e.g. He's a great footballer but his game still has a few rough edges.

(في وصف إنسان) جانب من شخصيته يحتاج إلى تهذيب
e.g. I knew him before he was successful, and he had a lot of rough edges back then.

rough it يتكشف - يعيش حياة خشنة
e.g. They prefer to rough it on their travels, and sleep in the car or take a tent.

rough justice عقوبة ظالمة أو قاسية نسبياً
e.g. New evidence suggests that the girls were given rough justice.

rough trade رجال يمارسون الجنس مع رجال وهم عادة من حثالة القوم (عامية سوقية)
e.g. He went to the docks to pick up a bit of rough trade.

a rough diamond

a diamond in the rough شخص يبدو خشناً ولكنه ذو شخصية طيبة من الداخل

e.g. Mitchell may have been a rough diamond, but he was absolutely loyal to his employer.

the rough and tumble of sth

تدافع وتصارع
e.g. He enjoys the rough and tumble of politics.

rough - and - tumble

e.g. He's used to life in the rough-and-tumble airline industry.

cut up rough تستشيط غضبا

e.g. Dad cut up rough about me staying out all night.

give sb a rough time

تعامل شخصاً بقسوة أو تسبب له المشاكل

e.g. The boss gives me a rough time if I make any mistakes.

have a rough time يقاسى من أوقات عصيبة

e.g. She's had a rough time of it in prison.

give sb. the rough side of your tongue

يؤيخ ، يؤنب

e.g. The boss gave me the rough side of her tongue for being late twice this week.

take the rough with the smooth

يتقبل الموقف بحلوه ومُره

e.g. You have to be prepared to take the rough with the smooth in marriage.

roughshod

ride roughshod over sth/sb تتصرف دون

أى اعتبار للعرف أو التقاليد أو مشاعر الآخرين

e.g. He cannot be allowed to ride roughshod over his colleagues with his ambitious plans.

rounds

do the rounds

make the rounds تزور أو تتصل بكل أفراد جماعة أو منظمة أو مكان ما (يقوم بدور به)

e.g. I've done the rounds of all the agents but nobody has any tickets left.

roving

a roving eye عينه زايغة (ع) ، يعجب بنساء كثيرات (غير زوجته)

e.g. She left her husband because she was fed up with his roving eye.

row

a hard/tough row to hoe موقف صعب

e.g. Teachers have a rough row to hoe in today's schools.

rub

rub it in يكرر الكلام عن خطأ ارتكبته مما يهزجك ويضايقك ، تلح أو تصر عليه

e.g. I know I made a mistake, but you don't have to rub it in.

rub shoulders with

rub elbows with يتخالطان ، يخالط ويتعارف، يحتكون بعضهم البعض الآخر

e.g. It is a very expensive club; if you join it, you will find yourself rubbing shoulders with some wealthy people.

rub someone (up) the wrong way

تضايق شخصاً دون قصد

e.g. He doesn't like me. I must have rubbed him the wrong way on some occasion.

the rub of the green

يحالفك حسن الحظ وخصوصاً في مجال الرياضة

e.g. This player hasn't had the rub of the green in the last few tournaments.

there's the rub وهنا تكمن المشكلة

there in lies the rub

e.g. You can't get a job unless you have experience. And there's the rub-how do you get experience if you can't get a job?

rubber

a rubber check شيك بدون رصيد

e.g. The woman was accused of writing more than \$100,000 in rubber checks to pay for expensive jewelry.

rubber stamp

rubber-stamp sth يبصم بختم

e.g. The court was asked to rubber-stamp the Department's decision to free the men.

Rube

Rube Goldberg

(شخص كان يرسم صوراً غريبة ومعقدة للصحف) التعبير = آلة معقدة أو خطة معقدة

e.g. They use a Rube Goldberg type contraption to open and close the farm gate.

The city is not well served by this Rube Goldberg scheme for economic development.

Rubicon

cross the Rubicon (تعبير رسمي)

تقوم بعمل شيء ذي نتائج هامة لا يمكن تفسيرها . (يوليوس قيصر بدأ حرباً عندما عبر نهر Rubicon)

e.g. International pressure may be able to prevent the country crossing the Rubicon to authoritarian rule.

rude

a rude awakening

تصطدم بالحقيقة فنتبه ، تصعق بشيء ما

e.g. We had a rude awakening when we saw the amount of our phone bill.

ruffled

smooth (sb's) ruffled feathers

تهدي من غضب شخص بعد ملاحظة

e.g. I spent the afternoon smoothing ruffled feathers and trying to convince people to give the talks another chance.

rug

cut a rug يرقص (تعبير قديم)

e.g. Twenty disco classics on one CD.

Now there's music to cut a rug to.

pull the rug from under sb/sth

pull the rug from under sb's feet

تتنخلى فجأة عن مساندة أو مساعدة شخص أو تقوم بعمل يسبب له المشاكل

e.g. The school pulled the rug from under the basketball team by making them pay to practise in the school gymnasium.

ruin

go to rack/wrack and ruin

خراب من عدم الصيانة

e.g. She's let the house go to rack and ruin since Clive died.

rule**a rule of thumb**

قياس الأطوال بالإبهام - قياس تقديري أو تقريبي

e.g. A good rule of thumb is to cook two handfuls of rice per person.

rules**bend/stretch the rules**

يطوع القواعد والقوانين لمصلحة شخص

e.g. We don't usually let students take books away, but I am willing to bend the rules on this occasion.

rum**a rum do**

موقف غريب وغير مألوف ولا يرضى عنه أحد

e.g. All three of his ex. wives live with him. It's a rum do if you ask me.

rumpy-pumpy (الممارسة الجنسية (تهكمي)

e.g. So I asked her if she fancied a bit of rumpy-pumpy.

run**run and run**

موضوع أو مناقشة لا

يسأم الناس من الكلام فيها باستمرار

e.g. We've had over 500 letters on the subject of human cloning. It looks like this one will run and run.

run before you can walk تحاول القيام بعمل

معقد قبل أن تتعلم مفرداته ، كل شيء له أوانه

e.g. I think you should stick to a simple menu for your dinner party. There's no point trying to run before you can walk.

run out of steam**run out of gas**

تفقد حماسك أو نشاطك أو اهتمامك بعمل شيء

e.g. I worked really well for two months of the project then I suddenly ran out of gas.

be on the run تحاول أن تتجنب القبض

عليك من البوليس - تكون في حالة هرب دائم

e.g. A serial killer was on the run last night after escaping from a maximum - security prison.

a dry run

a dummy run تجربة تقوم بها للتمرين على

عمل شيء (بروفة) تمرين أولي

e.g. We decided to do a dry run at the church the day before the wedding.

give sb a run for their money

تتنافس مع من يتوقع كسب السباق

e.g. I think only Liverpool will be able to give Manchester United a run for their money next season.

have sb on the run

تكون في موقف صلب يمكنك من هزيمة غريمك

e.g. After last night's broadcast debate, he has the opposition candidate on the run.

have a good run for your money

تتمتع بمزايا النجاح

e.g. I've achieved a lot in my life and I feel I've had a good run for my money.

have the run of (somewhere)

يسمح لك بالتنقل في أي مكان بالمنطقة

e.g. The children had the run of the farm all week.

in the long/short run

على المدى الطويل أو القصير في المستقبل

e.g. It means spending a bit now, but in the long run it'll save us a lot of money.

e.g. Although prices may rise in the short run, they should begin to fall again by the end of the year.

make a run for it تجري فجأة وبسرعة هرباً

e.g. When the guard turned away, the two prisoners made a run for it.

runaround

give sb the runaround

يمقد الأمور ، يحجب المعلومات

ليصعب على شخص عمل شيء ، يدوِّخه (عامية)

e.g. I'm trying to get a visa, but the embassy staff keep giving me the runaround.

runes

read the runes

يخمن ، يضرب الودع (ع)

لمعرفة ما سيحصل في المستقبل .

e.g. He was the first Eastern European Leader to read the runes and make political changes to stay in power.

rung

the (first, highest, next, ... etc) rung on the ladder أعلى مكانة في المجتمع أو الوظيفة

e.g. In our society a nurse is hardly on the same rung as a judge.

running

a running battle معركة مستمرة، نقاش لا ينتهي

e.g. I've had running battle with the neighbours over their kids throwing stones over the fence.

be in the running

في موقف يستحق الفوز، ضمن من يستحقون الفوز

e.g. This film must be in the running for a Best Picture Oscar.

out of the running

العكس

e.g. Her poor health has put her out of the running for the election.

be running on empty

١. تستمر في العمل بهمة بالرغم من الإعياء - بدون كلل

e.g. I get the impression he's been running on empty for months now. A holiday will do him good.

٢. (في حالة منظمة) لقد نضب معين الفكر فيها ،

فلا آراء جديدة ولا تقدم

e.g. The fund raising campaign was running on empty after ten years under the same leader.

do/make (all) the running

صانع التقدم في مؤسسة، من يقوم بتدبير أمورها

e.g. If you want this campaign to be a success, it's up to us to make the running.

e.g. Men are no longer expected to do all the running at the beginning of a relationship.

(go) take a running jump طريقة غير مهذبة تطرد بها شخصاً أو ترفض إعطاءه ما يريد (عامية)

e.g. Jim wants to borrow your new CD.

'Tell him to take a running jump'.

run-of-the-mill

شيء عادي

e.g. It's just a run-of-the-mill war film

rush

a (sudden) rush of blood (to the head)

تفعل فتقوم بعمل أحرق، في حالة غضب شديد

e.g. Thomas was sent off for head-butting Gray in a rush of blood to the head.

Russian

play Russian roulette

تقامر أو تخاطر بطريقة بها كثير من الخطورة

e.g. I'm not willing to play Russian roulette with people's lives by drinking and driving.

rut

be (stuck) in a rut

روتين عمل ، تجد نفسك في روتين ممل

e.g. At forty my life was in a rut, so I gave up work and travelled to India.

get in/into a rut

تشعر بالملل

e.g. When you have to cook dinner every night, it's easy to get into a rut.

(drag/get/lift etc) sb/sth out of a/their

rut تساعد شخصاً أن يغير موقفه إلى الأفضل

e.g. The president has to get his election campaign out of a rut.