

# S s

## sabre-rattling

**sabre-rattling** سلوك للتهديد والتخويف

e.g. After two months of sabre-rattling, the two sides have agreed to a peaceful resolution of their differences.

## sack

**get the sack** يطرد من العمل

e.g. He got the sack after they found out he'd lied about his qualifications.

## sack cloth

**sack cloth and ashes** تبيين بتصرفاتك على أنك آسف على ما فعلت - تائب توبة نصوحاً  
(Sackcloth = خيش كان يلبسه اليهود في المناسبات الدينية للتعبير عن أسفهم لما اقترفوه)

e.g. I've already apologized. How long must I wear sackcloth and ashes before you'll forgive me?

## sacred

**a sacred cow** اعتقاد أو نظام يعامل باحترام و لا نقد ، مقدس لا يمس

e.g. The British legal system remains a sacred cow, despite increasing evidence that serious mistakes have been made.

## sacrificed

**be sacrificed on the altar of sth** تضحي بكل غالٍ في سبيل شيء مهم

e.g. Service and quality have been sacrificed on the altar of profit.

## sadder but wiser

تعانى من تجربة مريرة وتخرج منها أكثر تعقلاً  
e.g. He bought a second-hand car and ended up sadder but wiser after a series of break downs and expensive repairs.

## saddle

**be in the saddle** تكون في مركز السلطة أو مركز القيادة كراكب على صهوة حصان

e.g. With a new leader firmly in the saddle the party looks set for victory at the next election.

## safe

**safe and sound** تكون في أمان بالرغم من تعرضك للمخاطر - سكيناً وأمان

e.g. It was a difficult drive but we all arrived safe and sound.

## a safe pair of hands

يد أمينة، شخص موثوق به يقوم بالعمل بلا أخطاء  
e.g. He's what this troubled club needs, a good, solid manager, a safe pair of hands.

**be as safe as houses** في أمان تام

e.g. Don't worry, I've locked your bicycle in the shed. It's as safe as houses.

**be in safe hands** في يد أمينة ترعاه

e.g. I know my daughter's in safe hands at the nursery.

**play (it) safe** يلزم جانب الأمان أو الحذر

e.g. They're playing it safe by not investing too much money until they've seen the first year's accounts.

**be on the safe side** تتجنب المخاطر، تكون آمناً

e.g. I don't think there are broken bones but you should have an x-ray just to be on the safe side.

## safety

**a safety net** منظمة تساعدك عندما تكون في ضائقة وخصوصاً ضائقة مادية

e.g. The hardship fund provides a safety net for students who run out of money before they've completed their course.

**a safety valve** صمام أمان، فرصة تسمح لشخص أن يعبر عن انفعالاته دون الإضرار بالغير

e.g. I often think football acts as a safety valve for a lot of stored-up male aggression  
**there's safety in numbers**

الكثرة تغلب الشجاعة، الموت مع الناس رحمة، يد الله مع الجماعة

e.g. Working on the principle that there's safety in numbers, we decided we should all go and complain together.

said

**there's (much/a lot etc) to be said for sth/doing sth** كثير من المزايا

e.g. There's a lot to be said for living alone.  
**when all is said and done**

وأخيراً وبعد أخذ كل الحقائق بعين الاعتبار

e.g. When all is said and done a child's moral upbringing is the parent's responsibility.

sails

**trim your sails** يمد رجليه على قدر فراشه - يصرف ماله بحساب على قدر إمكاناته

e.g. The school is having to trim its sails because of the government cutbacks.

salad

**your salad days** أيام الصبا والبراءة

e.g. But that was in my salad days, before I got married and had children.

salt

**any (judge/lawyer/teacher .. etc) worth their salt**

كفاء في مهنته

e.g. Any lawyer worth his salt should be aware of the latest changes in taxation.

**be the salt of the earth**

خيار الناس - أحسن الناس

e.g. The villagers here may not be rich or well educated but, in my opinion, they are the salt of the earth, ie. they are kind, good etc.  
**rub salt in/into the wound**

ينكأ جراحه ، يشير مواجحه

e.g. He spoke very rudely to her in front of her friends and then, to rub salt into her wounds, he began to laugh at her.

**take sth with a pinch of salt**

**take sth with a grain of salt**

يتحفظ في تصديق الكلام - يشك في الموضوع

e.g. It's untrusting to read the reports in the newspapers, but I tend to take them with a grain of salt.

same

**same difference** لا فرق يُذكر

e.g. They were married for forty years, or was it thirty? Same difference. It was a long time anyway.

**be in the same boat**

في نفس المحنة - في نفس الموقف السيئ

e.g. If he loses his job he'll be in the same boat as any other unemployed person.

**be the same token** بنفس المنطق - بنفس النظام

e.g. When he liked a person, he loved them, and by the same token, when he didn't like a person, he hated them.

**in the same breath** في نفس أو وقت واحد

e.g. She said she didn't love him any more but in the same breath said how wonderful he was .

**not in the same league**

ليس بمثل كفاءة أو جودة شيء آخر

e.g. My four-year-old computer's just not in the same league as the latest machines with their super-fast processors.

**it's the same old story**

نفس القصة ، نفس الموضوع التقليدي

e.g. It's the same old story. The women do all the work and the men just sit around talking.

**sing the same tune**

**sing from the same hymn sheet/song sheet**

يقولون نفس الشيء على الملأ

e.g. I want to make sure we're all singing the same tune before we give any interviews to the newspapers.

**speak/talk the same language**

عندهم

نفس الأفكار والمعتقدات ويعبرون عنها بنفس الطريقة  
e.g. There's no use setting up a meeting between environmentalists and the construction company. They just don't speak the same language.

**tar sb with the same brush**

يحكم على كل

الناس بنفس الحكم - يلوث الجميع بفرشاة واحدة

e.g. I admit that some football supporters do cause trouble but it's not fair that we're all being tarred with the same brush.

**sandwich**

**be one sandwich short of a picnic**

غبي أو مجنون (تهكمي)

e.g. After talking to him for about 10 minutes I decided he was definitely one sandwich short of a picnic.

**sang**

**sangfroid**

القدرة على الاحتفاظ

بالهدوء في موقف صعب أو خطير

e.g. She showed remarkable sangfroid despite a rude and noisy audience.

**sarcasm**

**sarcasm is the lowest form of wit**

التهكم هو أخطر نوع من خفة الظل أو الطرفة

e.g. We're so grateful to you for arriving only 20 minutes late! 'Oh really, Mathew, don't you know sarcasm is the lowest form of wit?'

**saving**

**a saving grace**

الفضيلة أو الحسنة التي فيه

e.g. He's a dull fellow. His one saving grace is that he doesn't complain when he's given hard work to do.

**savoir-faire**

**savoir-faire**

القدرة على التصرف في موقف اجتماعي بالقول أو بالعمل

e.g. She demonstrates great savoir-faire when dealing with clients.

**say**

**you can say that again!**

(للموافقة) أي والله! - أعد ما قلته

e.g. "That was an absolutely delicious lunch."

"You can say that again!"

**saying**

**it goes without saying**

غنى عن القول أو البيان، بديهى، شيء مفروغ منه

e.g. It goes without saying that we're delighted about the new baby.

**says**

**what sb. says goes**

ما يقوله شخص يسرى على الجميع

e.g. Maria's the team leader and what she says goes.

**scales**

**the scales fall from sb's eyes**

تسقط الغشاوة عن عينيه

e.g. When I saw his photograph in the paper, the scales fell from my eyes and I realized I'd been conned.

**tip the scales**

يرجح كفة الميزان في مصلحة أو ضد مصلحة شخص مع استعمال (against) - يعمل على إنجاح

e.g. The sudden economic growth in the area should tip the scales in favour of new investment.

**turn the scales**

يزن

e.g. The boxer turned the scales at 14 stones.

**scalp****be out for/after sb's scalp** يطالب برأس

شخص أى يحاول عقابه أو النيل منه لجرم اقترفه

e.g. The mayor has made one mistake too many and the voters are out for his scalp.

**scandal****a scandal sheet**

جريدة أو مجلة متخصصة فى الفضائح

e.g. It's just a scandal sheet full of murders, beatings, suicides and little else.

**scarce****be as scarce as hen's teeth** نادر الوجود

e.g. It was the President's inauguration and hotel rooms in Washington were as scarce as hen's teeth.

**make yourself scarce** يتوارى عن الأنظار ،

يترك المكان لتجنب المشاكل ، يختفى

e.g. I think you'd better make yourself scarce. At least until I've had a chance to talk to your father.

**scared****be scared shitless****be scared shit** تكون فى حالة رُعب (بدئ)

e.g. I was woken by the sound of someone moving around downstairs. I was scared shitless .

**run scared** فى حالة قلق خوفا من الهزيمة

e.g. There are rumours that the Democrats are running scared after recent opinion polls showed their rivals to be way out in front.

**scaredy-cat****a scaredy-cat** شخص (عادة طفل) يخاف بلا

سبب تقريباً - خوفاً (عامية)

e.g. Go on you scaredy - cat, jump in.

**scarlet****a scarlet woman** امرأة فاجرة ، عامرة

e.g. She was labelled a scarlet woman and

excluded from polite society.

**scattered****be scattered to the four winds** (تعبير أدبي)

(للأشخاص) مبعثرون، كل واحد فى ناحية ، فى مكان بعيد عن الآخر.

e.g. Homes were destroyed and families were scattered to the four winds.

**scenario****the nightmare/worst-case scenario**

أسوأ شىء يمكن أن يحدث (لشخص أو أشخاص)

e.g. I suppose the worst-case scenario would be if both of us lost our jobs at the same time.

**scene****set the scene**

يصف الموقف (فى قصة أو رواية) قبل وقوع الحدث

e.g. First, Let's set the scene. It was a cold dark night with strong wind blowing.

**set the scene for sth** يُعد الأمور لوقوع حدث ما

e.g. The recent resignation of two government ministers has set the scene for a pre-election crisis.

**the scene is set for sth**

الموقف مُعد لحدوث شىء

e.g. After a disastrous first half, the scene was set for a humiliating defeat.

**scenes****behind the scenes**

وراء الكواليس ، من وراء ستار ، فى الخفاء

e.g. Diplomats have been working hard behind the scenes in preparation for the peace talks.

**behind - the - scenes**

e.g. The government presented a united front to the cameras, showing no sign of the behind - the - scenes discord of the last few days.

**scent**

**put/throw sb. off the scent** تعطى شخصاً معلومات خاطئة لتضله عن القصد . رائحة الحيوان التي تهدى حيوانات أخرى لتتعبه

e.g. The police were thrown off the scent for a while by false evidence given by two of the witnesses.

**scheme**

**in the grand/great scheme of things**

فى مثل هذا الخضم الكبير من الأحداث

e.g. In the grand scheme of things, whether another actress has her naval pierced is not really that significant.

**school**

**the school of hard knocks**

التعلم من التجارب الحياتية الصعبة

e.g. An early training in the school of hard knocks was good preparation for a career in politics.

**school boy**

**school boy humour** نقشات ونكات سخيفة (كما يقولها أولاد المدارس) ولكنها لا تسيء

e.g. Isn't he a bit old for this type of school boy humour (humor)?

**science**

**blind sb with science** تترك أو تحير شخصاً باستعمال ألفاظ علمية ذات تقنية عالية لا يفهمها

e.g. I think he decided to blind us with science because he didn't want us asking any difficult questions.

**score**

**know the score** يعرف الأمور كلها (بحيث لا يخفى عليه السى منها) - يعلم كل الشروط

e.g. You know the score . No payment until after the article is published.

**settle a score** يصفى حسابات قديمة

e.g. She used her farewell speech to settle

some old scores with her opponents.

**scot-free**

**get away/off scot - free** يتجنب عقاباً يستحقه أو يتوقعه - يخرج زى الشعرة من العجين (ع.م)

e.g. If you don't take out a complaint against him he'll get off scot-free.

**scrap**

**throw sb/sth on the scrap heap** تلقى به بعيداً (شئ أو شخص غير مرغوب فيه) فى النفايات

e.g. Many people over forty who can't find a job feel they've be thrown on the scrap.

**heap**

**be on the scrap heap**

ضمن النفايات ، غير مرغوب فيهم

e.g. These kids are on the scrap heap as soon as they leave school.

**scratch**

**not be up to scratch** دون المستوى المطلوب

e.g. I'm afraid your last essay wasn't up to scratch.

**bring sb/sth up to scratch**

(يرفع) إلى المستوى المتوقع أو المطلوب

e.g. If you practice hard on this piece you should be able to bring it up to scratch by next week.

**from scratch**

من البداية - من العدم

e.g. We lost all our work in the fire and had to start from scratch.

**screw**

**have a screw loose**

فى عقله خلل ، مختل العقل، متخلف عقلياً

e.g. I think that woman has a screw loose. She goes out in her slippers.

**screws**

**put the screws on**

يكره شخصاً على عمل شئ بالشدّة والتهديد

e.g. They put the screws on him until

eventually he was forced to resign.

**tighten/turn the screws on sb**

تشدد الضغط على شخص

e.g. The police are turning the screws on drivers who don't wear their seat belts by fining them.

**scrimp**

**scrimp and save**

يدخر من قوته مبلغاً صغيراً لغرض خاص

e.g. We had to scrimp and save to buy our first house.

**scum**

**the scum of the earth** حالة القوم

e.g. People who abuse children are the scum of the earth.

**sea**

**your sea legs**

يسير باتزان على ظهر المركب، لا يصاب بدوار البحر

e.g. It took me a while to get my sea legs, but I feel fine now.

**a sea change** تغيير كامل شامل (تعبير أدبي)

e.g. The huge increase in the number of people working freelance represents a sea change in patterns of employment over the last 10 years.

**be at sea** حيران، غارق في الحيرة

**be all at sea**

e.g. I am all at sea with this computer manual.

**seal**

**put/set the seal on** يصدق أو يوقع أو

يختتم على، يختتم (بمعنى يضع نهاية لشيء)

e.g. The ambassador's visit set the seal on the trade agreement between the two countries.

**seams**

**be bulging /bursting at the seams**

(مكان) يتمزق، يتفكك من كثرة الناس أو الأشياء

e.g. All my family came to stay for the

wedding and our little house was bursting at the seams.

**be coming/falling apart at the seams**

١. نظام أو منظمة تتفكك أو ينفرط عقده/ها

e.g. For a while it seemed that the whole Asian economy was just coming apart at the seams.

٢. (عن شخص) يتمزق من الغضب أو الإرهاق

e.g. It's no excuse, but we were all working really hard and none of us noticed that Rory was just falling apart at the seams.

**search**

**search me!** (كتابة) عن أنك لا

تعرف إجابة السؤال (فتشني) (ع.م.)

e.g. Where's Jack gone? 'Search me!'

**seat**

**be in the driving seat**

**be in the driver's seat**

في موقع القيادة والتحكم في موقف

e.g. The consumer is in the driving seat due to the huge range of goods in the market.

**fly by the seat of your pants**

تقوم بعمل صعب بدون خبرة أو دراية

e.g. None of us had ever worked on a magazine before so we were flying by the seat of our pants.

**by the seat of your pants**

عمل تقوم به دون مساعدة من أحد أي بمعرفتك فقط

e.g. We found our way by the seat of our pants but if I ever did another jungle trek I'd take a guide.

**seats**

**bums on seats**

**fannies in the seats** (عن رواية ترفيهية مثلاً)

كثير من الناس يذهبون للمشاهدة

e.g. This production needs a big name to put bums on seats.

## second

**second best** ترتيبه الثاني من ناحية الجودة

e.g. I know exactly what sort of apartment I'm looking for and I'm not going to settle for second best.

**be second to none**

الأفضل في كل شيء - لا يُعلى عليه - أحسن شيء

e.g. The hotel's restaurant facilities are second to none.

**come off second best**

ينهزم أمام قوة أكبر من قوته - يُهزم من خصم قوی

e.g. I've given up arguing with my big brother because I always come off second best.

**get a/your second wind****get a/your second breath**

يسترجع قدرته أو مهارته، يسترد أنفاسه

e.g. After two hours we could hardly walk another step, but we got a second wind as we neared home.

**have second thoughts**

بعد إعادة النظر أو تقلب الأمر

e.g. You're not having second thoughts about coming to Brighton with me, are you?

**on second thoughts**

بعد إعادة التفكير

e.g. I'll have tea, please-on second thoughts, make that coffee.

**play second fiddle**

يشغل مركزاً أو دوراً ثانوياً، يأتي في المرتبة الثانية

e.g. You'll have to choose between your wife and me. I won't play second fiddle to anyone.

**without a second thought**

دون أدنى تفكير - بالتأكيد

e.g. She'll spend a hundred pounds on a dress without a second thought

**not give sth a second thought**

لا يكلف نفسه التفكير ثانية في الموضوع

e.g. He'd fire you if he had to. He wouldn't give it a second thought.

**second class**

a **second-class citizen** المواطن من الدرجة الثانية

e.g. Although she was married to an Australian, Luise couldn't get a work visa and it made her feel like a second-class citizen.

**second - guess** ١. تحاول تخمين ما سيحدث

e.g. It's not for us to second-guess the court's decision. We'll have to wait and see.

٢. تنتقد تصرفات شخص بعد حدوثها

e.g. It's easy to second-guess the team's coach, but let's face it, he made big mistakes.

## see

**'see sb/sth for what they (really) are**

ترى الناس أو الأشياء على حقيقتها وخصوصاً لو كانت الحقيقة سيئة

e.g. She suddenly saw him for what he was a cold-hearted calculating killer.

**see it coming** وكأنك ترى ما سيحدث وخصوصاً إذا كان شيئاً - تتوقع الأحداث

e.g. I wasn't surprised when the company closed down. You could see it coming.

## seed

**sow the seeds of sth**

تبذر بذور (الشك/الاضطراب/.. الخ) مما يعقد الأمور في المستقبل

e.g. He may be sowing the seeds of his own destruction by using violence against his people.

## seeing

**seeing is believing**

العبرة بالرؤية، لا يصدق إلا ما يراه

e.g. I'd never have imagined my parents could dance, but seeing is believing.

## seen

**have seen better day's** (تهكمي)

كانت ظروفهم خير مما هي الآن

e.g. We were met at the hotel entrance by an ageing porter who had evidently seen better days.

**have to be seen to be believed**

شيء غريب لم تكن تصدقه إلا إذا رأته

e.g. The devastation had to be seen to be believed.

**haven't seen hide nor hair of sb/sth**

لم تر الشيء أو الشخص منذ مدة طويلة

e.g. I haven't seen hide nor hair of her since last Sunday, and I'm beginning to get rather worried.

**self**

**self-made**

a **self-made man** رجل عصامي عمل نفسه بنفسه

e.g. He was a self-made man who learned accounting while working in a brush factory.

**sell**

**the hard sell** طريقة للبيع تغري شخصاً بالشراء

e.g. All I did was ask for a price list and a carpet salesman started giving me the hard sell.

**opposite the soft sell** العكس

e.g. We prefer to use the soft sell on our customers. We simply explain the insurance packages and leave them to decide for themselves.

**sense**

**knock (some) sense into sb** تستعمل

أساليب قوية لتنتع شخصاً ليقطع عن سلوكه الغيبي

e.g. A month in prison should knock some sense into him.

**senses**

**come to your senses** تعود إلى صوابك

e.g. So you've finally realized what a mistake you're making. I wondered how

long it would take you to come to your sense.

**bring sb to their senses**

ينصح شخصاً بالتعقل والرجوع إلى وعيه

e.g. It was my father who finally brought me to my senses by telling me that if I didn't go back to college I might regret it for the rest of my life.

**set**

**be set in concrete** صلب لا يمكن تغييره

e.g. We've drawn up some rough guidelines. They're by no means set in concrete.

**seven**

**the seven year itch** هرشة السبع سنوات (ع.م.)

الملل الذي يصيب الزواج

e.g. He keeps talking about all the women he knew before we were married. I think he's got the seven year itch.

**seventh**

**be in seventh heaven** تكون في قمة السعادة

e.g. Since they got married they've been in seventh heaven.

**sex**

**a sex kitten** امرأة مغرية (جنسياً)

(النساء يكرهون هذا التعبير)

e.g. All she needs to do is untie her hair and remove her spectacles and she's transformed into a gorgeous sex kitten.

**a sex object** يعامل إنساناً على أنه شيء

للشهوة الجنسية فقط دون النظر إلى مزاياه

e.g. How on earth can you feel anything for a man who just treats you as a sex object?

**shade**

**put sb/sth in the shade** يتفوق على

e.g. I thought I'd done quite well, but Claire's exam results put mine in the shade.

**shades**

**shades of sb/sth** شيء أو شخص يذكرك

بشيء أو شخص آخر ، شبيه لشيء أو شخص

e.g. We visited the university campus and had a few drinks in the bar. Shades of my student days.

**shadow**

**a shadow of your former self**

تكون أقل تمييزاً عما كنت في الماضي

e.g. He came back to work after 3 months, completely cured of the cancer but a shadow of his former self.

**beyond/without a shadow of a doubt**

دون أدنى شك

e.g. This is without a shadow of a doubt the best film I have seen all the year.

**in sb's shadow** في ظل شخص ما أي أقل شأنًا منه

e.g. For most of his life he lived in the shadow of his more famous brother.

**in/under sth's shadow** تغيم عليك سحابة سوء

e.g. The local population were living under the shadow of war.

**shaft**

**get the shaft** تعامل معاملة ظالمة

e.g. The tax system is all wrong. The rich just get richer and it's the poor who get the shaft.

**give sb the shaft**

e.g. They gave him the shaft. He lost his job for no reason at all.

**shag**

**like a shag on a rock**

في وحدة تامة (موحود) (ع.م)

e.g. They walked out and left me alone like a shag on a rock.

**shaggy** نكتة طويلة ذات نهاية سخيفة

**a shaggy dog story**

e.g. My granddad insists on telling these shaggy dog stories which nobody finds

funny except him.

**shakes**

**in two shakes (of a lamb's tail)**

**in a couple of shakes**

قريباً جداً - بعد فترة قصيرة جداً - سريعاً

e.g. I'll be with you in the shakes of a lamb's tail.

**shaking**

**be shaking in your boots/shoes**

تكون خائفاً مرتعداً أو قلقاً للغاية

e.g. Damon was shaking in his shoes when he heard all the shouting.

**shanks**

**shanks's pony**

السفر مشياً على الأقدام

e.g. I missed the last bus and had to get home on Shanks's pony.

**shape**

**shape up or ship out** إما تعدل عن تصرفاتك أو تخرج من هنا (تعبير تقوله لشخص ما)

e.g. This is the third serious mistake you've made this month. It's not good enough.

You're going to have to shape up or ship out.

**the shape of things to come**

طبيعة الأشياء في المستقبل

e.g. Is shopping on the Internet the shape of things to come?

**in any shape or form** في أي شكل أو هيئة

e.g. I'm opposed to war in any shape or form.

**knock/lick sth/sb into shape**

تعدل من حالة شيء أو من تصرفات شخص

**whip sth/sb into shape**

e.g. The prime minister's main aim is to knock the economy into shape.

Sean is a bit wild but the teachers'll soon

lick him into shape when he starts school.

**shapes**

**all shapes and sizes**

أنواع مختلفة من البشر أو الأشياء

e.g. Mortgage deals come in all shapes and sizes these days.

**share**

**share and share alike**

القسمة العادلة بين الشركاء

e.g. Come on now, don't keep them all to yourself. Share and share alike.

**sharp**

**the sharp end**

أخطر ما في الموضوع - أصعب نقطة في موضوع ما

e.g. She enjoys the challenge of being at the sharp end of investment banking.

**be as sharp as a tack** (مسمار تنجيد tack)

حاد الذكاء

e.g. He may be old, but he's still as sharp as a tack.

**look sharp**

١. أسرع - تحرك

e.g. Look sharp! We have to leave in five minutes.

٢. تحذر شخصاً من شيء قائلاً انتبها

e.g. Look sharp! That ladder isn't very steady.

**shebang**

كل شيء خاص بالموضوع

e.g. The party's next week but my parents are organizing the whole shebang.

**sheep**

**I might as well be hanged/hung for a**

**sheep as a lamb** - إذا سرقت فاسرق جملأ -

(أى ما دامت العقوبة واحدة فافعل ما يستحق العقوبة)

e.g. I'm going to be late for work anyway.

So I think I'll go to the shop for a paper.

I might as well be hanged for a sheep as a lamb.

**make sheep's eyes at sb**

ينظر (إلى شخص) نظرة غزل

e.g. Ken's been making sheep's eyes at his ex. girl friend all night.

**separate the sheep from the goats**

**sort (out) the sheep from the goats**

تختار الأفضل من مجموعة مختلطة

e.g. I'd look through the application forms and separate the sheep from the goats.

**shelf**

**a shelf life**

العمر الافتراضي لشيء

e.g. These days many marriages have a fairly short shelf life.

**on the shelf**

حالة العنوسة وخصوصاً بالنسبة للمرأة

e.g. I was afraid my daughter would never find a husband, that she'd be put on the shelf.

**shell**

**a shell game**

طريقة لخداع الآخرين بتغيير أماكن الأشياء

e.g. The thieves played a shell game with the police, constantly shifting the stolen goods.

**come out of your shell**

كن ودوداً ولا تتقوقع على نفسك

e.g. Tom used to be very withdrawn but he's really come out of his shell since Susan took an interest in him.

**bring sb out of their shell**

تشجع شخصاً على الاندماج في المجتمع

e.g. Joining the drama group has brought Ian out of his shell.

**shine**

**take a shine to sb**

تحب شخصاً من أول نظرة - تستلطفه

e.g. I think Andrew has taken a bit of a shine to our new member of staff.

**take the shine off sth** يغطي على الفرحة ،  
يُفسد فرحة الإنسان بشيء ما ، يقلل من شأن

e.g. Having my purse stolen took the shine off my visit to Dublin.

## shingle

**hang out your shingle** تبدأ مشروعك التجاري

e.g. He hung out his shingle in Brandon many years ago, and has been a lawyer there ever since.

## ship

**jump ship** تتقاعس عن العمل، تترك العمل  
الذي كُلفت به قبل إنجازه (لتعمل عند شخص آخر)

e.g. Another advertising agency offered him \$1000 to jump ship.

**when your ship comes in**

عندما يهبط عليك المال والثروة

e.g. When my ship comes in, I'll build you a huge house in the country.

## ships

**be like ships that pass in the night**

أناس تجمعهم الصدقة وقد لا يلتقون ثانية -  
أشخاص لا تجمعهم إلا معرفة ضئيلة

e.g. I only met him once or twice. We were like ships that pass in the night, but I've never met anyone else like him.

## shirt

**put your shirt on sth** يراهن حتى بشيابه -  
تخاطر بكل ما عندك لأنك متأكد من فوزك .

e.g. I put my shirt on the last race and lost everything.

**lose your shirt** يخسر الرهان

e.g. He said he'd lost his shirt on that race.

**would give you the shirt off their back**

كناية عن الكرم الزائد

e.g. karen's not well off, but she'd give you the shirt off her back.

## shirt-lifter

**a shirt-lifter** طريقة مهينة للحديث عن رجل  
لوطي (ينجذب جنسياً نحو الرجال).

e.g. He was taunted by a chorus of adolescent gay haters shouting 'shirt lifter!'

## shit

**shit or get off the can/pot**

تصرف في الأمر بسرعة دون أي تأخر (بذئء ومحظور)  
e.g. It's time for management to shit or get off the can. If they aren't going to meet the strikers' demands they should say so.

**the shit hits the fan**

شخص أو مؤسسة في مشاكل صعبة (بذئء) (محظور)  
e.g. if Dad finds out how much money you spent, the shit will really hit the fan.

**be in deep/the/shit** في مشكلة صعبة

e.g. When I crashed my uncle's car, I knew I was in deep shit.

**be on sb's shit list** تكون ضمن من يكرههم  
ذلك الشخص (بذئء ومحظور)

e.g. She blames a lot of people for what happened, and you're on her shit list.

**get your shit together**

ينظم أموره (بذئء ومحظور)

e.g. He's really got his shit together since he left college.

**not give a shit** لا يوليه اهتماماً

e.g. My parents don't give a shit about my problems. They're totally selfish.

**have shit for brains** في منتهى الغباء

e.g. What are you talking about Martha? You've got shit for brains.

**scare the shit out of sb** ترعب، تخيف

e.g. I wish you wouldn't come in without knocking-you scared the shit out of me.

## shit-eating

**a shit-eating grin**

ابتسامة عريضة تغيظ شخصاً آخر - ابتسامة صفراء

e.g. Ever since she heard they'd won she's been sitting there with that shit-eating grin on her face.

shits (تعبير محظور)

give sb. the shits (يغضب، يغيظ (محظور)

e.g. She really gives me the shits when she makes up these stories about why she's late.

shit-stirrer

a shit-stirrer شخص يثير المشاكل لشخص آخر بإشاعة ما يسىء إليه

e.g. What a shit-stirrer. She's gone and told his wife that she saw him with another woman at the party.

shitting

be shitting bricks خائف جداً أو قلق جداً (محظور)

e.g. The bull was following us across the field. Tony was shitting bricks.

shivers

give sb the shivers

يرعب، يجعله يرتعد خوفاً أو قلقاً

e.g. That man who hangs about in the lane gives me the shivers.

send shivers down/up sb's spine

يجعل فرائصه ترتعد هلعاً أو خوفاً

e.g. The way he looked at me sent shivers down my spine.

shoes

be in sb's shoes في مكان أو موقف شخص آخر

e.g. If I were in your shoes, I'd speak to the boy's parents.

step into sb's shoes

يحل محل شخص آخر (ويتولى مسئولياته)

fill sb shoes

e.g. When his father retires, Victor will be ready to step into his shoes.

shoestring

on a shoestring

بموارد محدودة جداً - على الكفاف

e.g. I've been living on a shoe-string ever since my father stopped sending me money.

shoo-in

a shoo-in سيفوز بشيء بمنتهى السهولة

e.g. She's a shoo-in for re-election to the senate.

e.g. The election looks like a shoo-in for our man.

shoot

shoot the breeze/bull يتكلم باسترخاء في

موضوعات غير مهمة - يدرّش (ع)

e.g. We sat out on the porch until late, just shooting the breeze.

shooting

the whole shooting match

الموضوع برمته أي بكل جوانبه

e.g. There are four projects at present and Gerry's in charge of the whole shooting match.

shop

shut up shop

close up shop

يتوقف المشروع التجاري مؤقتاً أو إلى الأبد

e.g. They were forced to shut up shop because they weren't getting enough customers.

talk shop

يناقش أموراً مهنية (في غير الوقت المناسب)

e.g. Even when they go out in the evening, they just talk shop all the time.

short

short and sweet قصير ولذيذ (تعبير تهكمي)

e.g. This morning's lecture was short and sweet.

a short fuse

شخص يغضب بسرعة

e.g. Charlie has a sharp tongue and a short fuse.

**a short sharp shock**

عقاب سريع وقصير وقاسٍ - صدمة سريعة موحجة

e.g. What young offenders need is a short sharp shock that will frighten them into behaving more responsibly.

**not be short of a bob or two**

غنى جداً - ذو مال وفير (تعبير قديم)

e.g. This guy Lester that she's engaged to, is not short of a bob or two you know.

**draw the short straw**

تكون عضواً في مجموعة تقوم فيها بالعمل الرديء

e.g. Sorry, Jim, you drew the short straw. You're on toilet-cleaning duty.

**fall short of sth** يُعاني نقصاً

e.g. Sales for the first half of the year fell short of the target.

**get the short end of the stick**

من لا يحالفه الحظ

e.g. The people who get the short end of the stick are those whose income is just too high to qualify for help from the government.

**give sb/sth short shrift** لا تهتم بشخص

لعدم أهميته عندك أو لأنك غاضب منه

e.g. Sue gave Robert short shrift when he turned up drunk for her party.

**get short shrift from sb** تُعامل بلا مبالاة

e.g. The proposal got short shrift from state officials.

**have sb by the short and curlies****have sb by the short hairs**

يضيق عليه الخناق حتى يوافق على المطلوب (عامية)

e.g. They've got us by the short and curlies. We have no choice but to agree.

**make short work of sth**

يجهز على (شيء أو شخص)، يشطب على (ع)

e.g. We made short work of the food that

was put in front of us.

**pull sb up short**

يوقفه عن العمل من شدة الدهشة

e.g. Seeing her picture in the paper pulled me up short.

**sell sb/sth. short**

بيخس قيمة الشيء - أي لا يعطيه قيمته أو منزلته

e.g. I'm fed up with people selling this country short.

**stop short** يتوقف (عن المشي) فجأة

e.g. Lucy stopped short in amazement.

**stop short of sth./doing sth**

تقرر عدم القيام بعمل شيء

e.g. I stopped short of telling him what I really felt about him.

**short-arse**

طريقة غير مهذبة لوصف شخص قصير (عامية)

e.g. Yeah, well, I might be fat but at least I'm not a short-arse.

**short-change**

تخدع شخصاً بإعطائه أقل مما يستحق

e.g. No one told me the film was only an hour long. I was short-changed!

**shot****a shot in the arm**

جرعة تشجيع - دفعة إلى التقدم، إسعاف سريع

e.g. The opening of a new research centre will give a much-needed shot in the arm for science in Britain.

e.g. The money was a red shot in the arm for the company.

**a shot in the dark**

تخمين - محاولة تخمين أمر من لا شيء

e.g. The whole theory is a shot in the dark. No one will ever take us seriously.

**be shot to hell/pieces** محطم، في حالة سيئة

e.g. His nerves were shot to hell after only

2 years in that job.

**fire a shot across sb's/the bows** إنذار

e.g. Airline staff have fired a warning shot across the company's bows by threatening strike action if higher pay increases are not offered.

**get shot of sb/sth**

تتخلص من شخص أو من شيء

e.g. This boy has caused so much trouble that the school just wants to be shot of him.

**have a shot at sb** ينتقد شخصاً

e.g. It's clear the film's director was having a shot at the government.

**have a shot at sth**

**take a shot at sth** يحاول عمل شيء للمرة الأولى

e.g. He's proven himself to be a talented actor and now he's having a shot at directing his first play.

**give sth a shot**

محاولة عمل شيء وخصوصاً للمرة الأولى

e.g. I've never been ice-skating but I'll give it a shot.

**like a shot**

كالسهم ، كالطلق الناري، بسرعة وحمامس

e.g. If I had the chance to go to Paris, I'd be there like a shot.

**shotgun**

**a shotgun wedding**

حفلة زواج تقام على عجل لمصلحة العروس

e.g. After a shotgun wedding at 20 she has 3 children before divorcing from her husband.

**shoulder**

**shoulder to shoulder**

يؤيد، يدعم، يعمل كتفًا إلى كتف

e.g. We can win the fight if we all stand shoulder to shoulder.

**a shoulder to cry on** من يتعاطف معك في

وقت الشدة - صدر حنون يرتكن إليه الحزين

e.g. My father had just died and I needed a shoulder to cry on.

**put your shoulder to the wheel**

يكرس جهده للعمل

e.g. If everyone puts their shoulder to the wheel, the job will be finished in no time.

**shout**

**be nothing to shout about**

**not be much to shout about**

شيء لا يثير الفرحه

e.g. The pay rise wasn't much to shout about, but I suppose it's better than nothing.

**shouting**

**it's all over bar the shouting**

النتيجة معروفة مسبقاً

e.g. The Iranian team played superbly, and by half-time it was all over bar the shouting.

من المؤكد أنهم سيكسبون

**show**

**the show must go on** العرض لابد وأن يستمر

برغم المصاعب والمشاكل

e.g. There may be a war on, but here at the industrial design faire, the show must go on.

**let's get the/this show on the road**

دعنا ننفذ الخطة أو الفكرة

e.g. We've got less than 2 hours to get this room ready for the party so let's get this show on the road.

**run the show**

يدير عملاً أو مؤسسة

e.g. He started off working in the kitchen and now he's running the show.

**steal the show**

يلفت النظر ويحصل

على المديح (يسرق الكاميرا ع. م)

e.g. All the singers were good, but 16-old Karine stole the show.

**showers****send sb. to the showers**

يوقف لاعب أو عامل عن العمل لسوء سلوكه

e.g. A fight broke and both players were sent to the showers.

**show-stopper**

**a show-stopper** أحسن ما في العرض

e.g. Her conference speech was a real show-stopper.

**show-stopping** الأداء المتميز

e.g. She gave a show-stopping performance in La Traviata.

**shrinking**

**a shrinking violet** شخص خجول جداً

e.g. She's not shrinking violet.

**shufti** نظرية سريعة عابرة

e.g. She'd brought her wedding photos in so I thought I might have a quick shufti.

**shut****shut your face/job/mouth/trap**

اصمت ، اسكت (طريقة غير مهذبة في الكلام) (ع)

e.g. Shut your face, will you? I'm trying to watch TV.

**shuttle**

**shuttle diplomacy** رحلات مكوكية للتوفيق

بين متخاصمين في أماكن متفرقة

e.g. The shuttle diplomacy continues this week as ambassadors fly to Paris for more talks with the French.

**shy****fight shy of sth/doing sth**

يخجل من عمل شيء ، يحاول تجنب عمل شيء

e.g. Ellen fights shy of parties. She hates crowds.

**sick**

**sick at heart** حزين جداً (تعبير أدبي)

e.g. The thought of her home so far away

made her sick at heart.

**be as sick as a dog** يكون مريضاً جداً

e.g. She was as sick as a dog after that curry.

**be as sick as a parrot** (تعبير فكاهي)

يجيب أمه

e.g. Tim was sick as a parrot when he heard Manchester had lost the match.

**be sick and tired of sth/doing sth**

في غاية الملل ، والقرف من شيء يحدث لمدة طويلة

e.g. I've been treated like dirt for two years now and I'm sick to death of it!

**feel sick to your stomach**

شيء سيئ يشير الإحساس بالمرض والقرف

e.g. Looking at those pieces of raw meat I felt sick to my stomach.

**side****be (on) the wrong side of 30/40 etc**

أكبر من ٣٠ أو ٤٠ ... إلخ

e.g. I don't know his exact age but I should say he's the wrong side of fifty.

**opposite be (on) the right side of 30/40 etc**

أصغر من ٣٠ ، ٤٠ ... إلخ

e.g. She's not a kid anymore but she's certainly on the right side of (= younger than ) 30

**be on the side of the angels**

من يقوم بعمل جليل ، في جانب الحق ، موفق صائب

e.g. The aid agencies are the only people firmly on the side of the angels in this conflict.

**be on the (expensive/heavy/large etc)**

يميل إلى الغلاء الزائد

e.g. It's a really good restaurant. It's on the expensive side, mind.

**err on the side of caution** متوخى الحذر

بدلاً من المخاطرة (الوقاية خير من العلاج)

e.g. I decided to err on the side of caution

and spend less than my full allowance.

**know which side your bread is buttered**

on يعرف من هم في صالحه ويحرص عليهم

e.g. Ollie won't refuse to come with us. He knows which side his bread is buttered.

**let the side down** ، يخذل (جماعته)

يعرض أصحابه أو عشيرته للخذلان بإساءة السلوك

e.g. The general feeling is that cleaners who ignore the Union's ban on overtime are letting the side down.

**on the side** علاوة على عملك الأساسي

e.g. He makes a little money on the side by fixing people's cars.

**the other/wrong side of the tracks**

المنطقة الفقيرة من البلد

e.g. She grew up on the wrong side of the tracks in a small southern town.

**pass by on the other side**

يبخل بالمون أو العطف ، ينأى بجانبه

e.g. We cannot just pass by on the other side when we know people are suffering like this.

**this side of the grave** هذه الحياة (تعبير أدبي)

e.g. My mother's generation were taught to expect only suffering this side of the grave.

**sidelines**

**stay on the sidelines**

يقف أو يبقى على هامش الأحداث

e.g. The majority of western countries decided to stay on the sidelines during the crisis in the Middle East.

**be left on the sidelines**

e.g. Telephone companies which do not offer competitive rates will be left on the sidelines.

**sides**

**be speaking/talking out of both sides**

**of your mouth** تدلى بآراء مختلفة نحو

موضوع ما لترضى من يستمعون لك

e.g. How can we trust any politicians when we know they're speaking out of both sides of their mouths.

**be two sides of the same coin**

وجهان لعملة واحدة - شيان متماثلان بالرغم من اختلافهما في الشكل

e.g. Violent behaviour and deep insecurity are often two sides of the same coin.

**split your sides (laughing)**

يُفرق في الضحك ، يكاد ينفجر من الضحك

e.g. We nearly split our sides laughing watching Paul trying to give the rabbit a bath.

**side-splitting** مضحك جدا

e.g. He was a great comic who could give side-splitting imitations of famous people.

**sideways**

**knock sb sideways** يصدم (شعور شخص ما) ، يُربكه أو يزعجه ، يفقده توازنه

e.g. The news of her brother's death knocked her sideways.

**siege**

**a siege mentality** الاعتقاد بأن الإنسان لابد وأن يحمي نفسه من الناس الذين يقومون بمهاجمته

e.g. Many designers develop a siege mentality because they're terrified someone will steal their ideas.

**sieve**

**have a memory/mind like a sieve**

يكون له ذاكرة ضعيفة كالغربال - كثير النسيان

e.g. I've never known anyone so forgetful. She's got a memory like a sieve.

**sight**

**be a sight for sore eyes**

متعة ، متاع للناظرين ، قرّة عين

e.g. You're a sight for sore eyes, all dressed

up in your new outfit.

**lose sight of sth** يغيب شيء عن النظر  
أو البال للانشغال بأمور أخرى

e.g. Some members of the peace force seem to have lost sight of the fact that they are here to help people.

**out of sight** (صفة) ليس له نظير، هائل، ممتاز

e.g. The cost of health care in this country is going out of sight.

**out of sight, out of mind**

بعيد عن العين، بعيد عن القلب

e.g. You'll soon forget about him after he leaves-out of sight, out of mind.

**sights** المهداف، المصوبة، أداة  
تستخدم للتصويب في البندقية

**have sb in your sights**

يجعله نصب عينيه أو موضع اهتمامه

e.g. He's trying to build up his media empire and he has the owners of rival newspapers in his sights.

**have sth in your sights**

تجعل من شيء هدفاً تحاول تحقيقه

e.g. After months of training Hilary now has the gold medal firmly in her sights.

**lower your sights** يتقبل شيئاً أقل مما

كان يأمل فيه، يقنع بما يجد، يقلل من طموحاته

e.g. With so few jobs around she's had to lower her sights.

**set your sights on sth/doing sth**

يهدف إلى تحقيق شيء - يأمل في

e.g. She's set her sights on winning.

**have your sights set on**

e.g. I hear she has her sights set on becoming a journalist.

**sign**

**be a sign of the times** من علامات العصر،  
مجتمع اليوم أدنى من مجتمع الأمس

e.g. Young people are so rude these days.

It's a sign of the times.

**signed, sealed and delivered**

مصدق عليه، رسمي مسجل بعلم الوصول

**signed and sealed**

e.g. A copy of the will, signed, sealed and delivered arrived at our house the next morning.

**significant**

**a significant other**

الشخص الآخر، زوج أو عشيق

e.g. The ad read, "Take your significant other to the café Carlyle for a romantic night out."

**silent**

**the silent majority**

الأغلبية الصامتة، من لا يعبرون عن آرائهم علانية

e.g. What does the silent majority expect from a new Labour government?

**be as silent as the grave** (تعبير أدبي)

صمت القبور، منتهى الصمت والسكون

e.g. It was four o'clock in the morning and London was as silent as the grave.

**silk**

**you can't make a silk purse out of a**

**sow's ear** يصنع شيئاً عالي الجودة من شيء رديء  
الجودة (يحاول أن يعمل من الفسيخ شربات) (ع.م)

e.g. To make chairs that'll last, you need good strong pieces of wood. You can't make a silk purse out of a sow's ear.

**silly**

**the silly season**

وقت من الصيف تتوارى فيه الأحداث المهمة ولا

تجد الصحافة إلا التافه من الأمور للتكلم فيه

e.g. It's the silly season and as usual, the papers are full of stories about the Loch Ness Monster.

**play silly buggers**

تتصرف بطريقة غبية أو مزعجة (عامية)

e.g. Stop playing silly buggers and come down off the roof.

**silver**

the silver screen (السينما (تعبير قديم)

e.g. All the stars of the silver screen are here tonight to celebrate this great occasion.

**silver-tongued**

silver-tongued (إنسان يستعمل معسول الكلام (ليحصل على ما يريد من شخص آخر)

e.g. He was a silver-tongued orator who convinced many people to support him.

**sin****a sin tax**

ضريبة على ما يضر الإنسان كالسجائر والكحوليات  
e.g. Politicians like a sin tax as it brings in a lot of revenue and not too many complaints.

**live in sin**

تعيش بطريقة غير شرعية وآثمة مع شخص - تعاشر شخصاً معاشر جنسية في الحرام (تعبير فكاهاي)  
e.g. Last I heard they'd moved in together and were living in sin.

**sine qua non**

شيء لازم لسير الأمور (تعبير رسمي)  
e.g. The company sees training as the sine qua non of success.

**sink or swim**

بالفشل أو النجاح ، الصعود أو السقوط في الهاوية  
e.g. Newcomers are given no training - they are simply left to sink or swim.

**sink**

a sinking feeling (الشعور الداخلي بالفشل

e.g. I had that sinking feeling you get into an exam you haven't studied for.

**a sinking ship**

شركة أو مؤسسة في حالة فشل أو عجز

e.g. He'd seen the company's accounts, realized he was on a sinking ship, and decided to get off.

**sins**

for my sins (تعبير فكاهاي)

كعقاب على ما اقترفته من آثام - ما أستحقه  
e.g. I'm organizing the office Christmas party this year for my sins.

**sit**

not sit well with sb لا يروق له  
e.g. The idea of people other than police combating crime does not sit well with many of the public.

**sitting**

a sitting duck شخص يسهل مهاجمته أو انتقاده - مُستهدف - هدف سهل - صيد هين

e.g. Unarmed policemen walking the streets late at night are sitting ducks.

**be sitting on a goldmine**

كمن يمتلك منجم ذهب أى في غاية الغنى  
e.g. When property prices doubled in our area, we suddenly realised we were sitting on a goldmine.

**be sitting pretty**

في حالة طيبة بما عندك من ثروة - مطمئن وسعيد  
e.g. They bought their house when prices were much lower so they're sitting pretty.

**situation**

a no-win situation موقف لن يستفيد منه أحد، عمل نتيجته مؤذية مهما كانت

e.g. I'm in a no win situation. Whatever I do, I'm going to annoy somebody.

**opposite a no lose situation**

لن يخسر أحد - موقف لن يخسر منه أحد  
e.g. He's in a no-lose situation. If he wins the tournament he gets a big bonus, and if he doesn't he's had valuable experience.

six

**six of one & half a dozen of the other**

متعادلان ، متساويان ، ميان (في المسئولية أو الإساءة)

e.g. Harriet's always accusing Donald of starting arguments, but if you ask, its six of one and half a dozen of the other.

**six of the best** تضربه على مؤخرته  
بعضاً طويلاً ورفيعة (كنوع من العقاب)

e.g. Many teachers are faced with finding an alternative to six of the best for pupils who regularly break the rules.

**be six feet under** يموت

e.g. You're just waiting until he's six feet under so you can get your hands on his money.

**knock sb for six** تتسبب في إزعاج شخص

e.g. It really knocked me for six when my ex. boyfriend announced he was getting married.

sixes

**be at sixes and sevens**

مرتبك ، مشوش ، بلا نظام أو ترتيب ، فوضى

e.g. We were at sixes and sevens for about a week when we moved in.

size

**cut sb down to size** تنتقد شخصاً مغروراً

ليعرف قدر نفسه ويتعد عن الغرور - يلزم حده  
e.g. When he started he thought he knew everything, but we soon cut him down to size.

try sth for size

try sth on for size

تختبر شيئاً أو فكرة لتعرف إذا كانت ستفي بالغرض

e.g. Try that for size. It's a new software programme I've been working on.

e.g. The government is trying some ideas on for size before committing itself to action.

skates

**get your skates on** أسرع (عامية)

e.g. Get your skates on! We're going to miss the train.

e.g. House buyers should get their skates on, if they want to buy while prices are low.

skeleton

**a skeleton in the/your cupboard**

**a skeleton in the/your closet**

معرفة ، العار الذي يحرص على إخفائه ، فضائح

e.g. If you want to be a successful politician, you can't afford to have too many skeletons in your cupboard.

skid

**skid row** منطقة في المدينة يسكنها حثالة القوم

e.g. She works as a social worker with alcoholics on skid row.

skids

**be on the skids**

يمر بمشاكل عديدة وعرضة للفشل

e.g. I hear their space programme is on the skids.

**hit the skids** ١. يغادر المكان بسرعة

e.g. When his ex. girlfriend arrived at the party Ben really hit the skids.

٢. يوقف سيارة فجأة

e.g. A car suddenly pulled out in front of us and Jake hit the skids.

٣. تجد نفسك في موقف صعب تفقد فيه وظيفتك أو بيتك أو أموالك ، يقع في مشاكل عدة.

e.g. Poor old Dennis has really hit the skids since he split up with his wife.

**put the skids under sb/sth**

يتسبب في فشل شيء

e.g. Opposition from local residents has put the skids under plans for a new night-club.

## skies

**praise sb/sth to the skies** يمدح شخصاً أو شيئاً إلى عنان السماء - أى يبالغ في المدح

e.g. At first she would praise him to the skies for every minor achievement.

## skin

**be akin and bone/bones**

نحيف جداً، جلد على عظم (عامية)

e.g. We saw stray dogs that were nothing but skin and bones.

**by the skin of your teeth** بصعوبة بالغة - تنجح بالكاد فى عمل شىء ، بشق الأنف

e.g. We escaped by the skin of our teeth.

**get under sb's skin**

١. يضايق شخصاً ، يتلف أعصابه

e.g. It really got under my skin when he said women are bad drivers.

٢. يؤثر فى شخص بطريقة لا تُنسى - يسيطر على - (يستولى على أفكاره)

e.g. Something about the haunting beauty of the place really got under my skin.

**it's no skin off my nose****it's no skin off my (back) teeth**

أمر لا شأن لى به

e.g. We can go in his car if he prefers. It's no skin off my nose.

**make sb's skin crawl** يجعل جسده يقشع

e.g. Just thinking about the way he had touched her made her skin crawl.

**nearly jump out of your skin**

تصدم، تندهش بقوة، تشعر بالرعب

e.g. I heard a loud bang and nearly jumped out of my skin.

**save sb's skin**

تنقذ شخصاً من الفشل أو من مشاكل صعبة

e.g. You saved my skin telling my parents I stayed with you last night.

## sky

**the sky's the limit** (للريح أو النجاح) لا يحده غير السماء ، مطلق وبلا حدود

e.g. With two important film roles and a major award, it seems like the sky's the limit for this talented young actress.

## sky-high

**blow sth. sky-high**

ينسف (فكرة الخ) من الأساس - (بإفشاء سر مثلاً)

e.g. He blew the whole deal sky-high by telling the newspapers about it.

## slack

**cut sb some slack** يتساهل مع

e.g. Officials have asked the Environmental Protection Agency to cut Utah some slack in enforcing the Clean Air Act.

**pick/take up the slack**

يأخذ على عاتقه إتمام عمل (قام به الغير ولم يتمه)

e.g. When Sue starts going out to work each day, Bob and the kids will have to take up the slack and help more at home.

## slap

**slap and tickle**

ممارسة جنسية غير جادة (تعبير قديم وفكاهي)

e.g. They were having a bit of slap and tickle on the sofa when I walked in.

**a slap on the face** صفعة ، لكمة ، إهانة

e.g. The decision to close the sports' hall was a slap on the face for all who had campaigned to keep it open.

**a slap on the back**

كناية عن مدح ، إطراء ، استحسان

e.g. We gave her a big slap on the back for helping to organize the concert.

**a slap on the wrist** إنذار أو عقاب خفيف

e.g. I got a slap on the wrist for arriving late again.

**sledgehammer****use a sledgehammer to crack a nut**

تستعمل قوة كبرى فى التعامل مع شىء تافه

e.g. Sending ten men to arrest one small boy was a clear case of using a sledge hammer to crack a nut.

**sleep**

**sleep like a log/top** ينام نومًا عميقًا، ينام  
ملء جفنيه، ينام كالقتيل (ع. م.)

e.g. I don't know if it had anything to do with the wine we drank but I slept like a log.

**sleep on it**

يرقد على فكرة حتى تختمر - يتأنى فى اتخاذ القرار

e.g. You don't have to give me your decision now. Sleep on it, and let me know tomorrow.

**could do sth in their sleep**

يقوم بالعمل بسهولة - متمرس عليه

e.g. I've done the same recipe so many times I could do it in my sleep now.

**not lose sleep over sth** لا يقلق

e.g. I don't intend to lose any sleep over this problem.

**sleeping**

**Let sleeping dogs lie** الفتنة نائمة لعن الله من  
أيقظها، دع الأمور على حالها لا تثر المتاعب،  
دع الخلق للخالق، لا تفتح (النار) المشاكل

e.g. His parents never referred to the shoplifting incident again. I suppose they thought it best to let sleeping dogs lie.

**sleeve****have sth up your sleeve**

عندك فكرة أو خطة سرية، نية مبيتة

e.g. If this trip doesn't work out I've still got a few ideas up my sleeve.

**sleeves**

**roll your sleeves up** تأهب للعمل الشاق -  
جهز نفسك للعمل الجاد

e.g. Our local team need to roll their sleeves up and put a bit more effort into their football.

**sleight****sleight of hand**

١. يستعمل البراعة فى خداع الآخرين

e.g. Some mathematical sleight of hand was required to make the figures add up.

٢. خفة اليد (فى الأعمال السحرية)

e.g. With impressive sleight of hand he produced two pigeons out of his top hat.

**slice****a slice of life**

شريحة من الحياة، جانب من جوانب الحياة

e.g. The drama, a slice of life about a group of unmarried mothers, starts to night.

**a slice of the cake****a slice of the pie**

جزء من الغنيمة التى يجب اقتسامها، شريحة، نصيب

e.g. The government has less money to spend on education this year, so primary schools will get a smaller slice of the cake than last year.

**not matter how you slice it** مهما تفسر الأمر

e.g. He shouldn't have hit her, no matter how you slice it.

**slime**

رجل رذيل منافق فى صداقته

e.g. I don't know what she sees in him.

He's such a slime ball.

**slings****the slings and arrows (of outrageous**

fortune) - مآسى الحياة التى لا تستطيع تجنبها -  
القدر (تعبير أدبى)

e.g. We all have to suffer the slings and arrows, so there's no point getting depressed when things go wrong.

## slip

a slip of the tongue زلة لسان، فلتة لسان

e.g. Did I say she was forty? I meant fourteen. Just a slip of the tongue.

## give sb the slip

يُغافل فيفلت، يهرب من شخص كان معه أو يراقبه

e.g. There was a man following me when I left the office, but I gave him the slip on the crowded main street.

## let slip sth

تنطق بشيء

(كنت تريد إخفاءه) سهواً ، يرتكب هفوة

e.g. Pam let slip an interesting bit of gossip yesterday.

## there's many a slip twixt cup and lip

لكن من يدري أربما حدث أى شيء يغير النتيجة  
(تعبير أدبي)

e.g. We still might finish in time for the deadline, but there's many a slip twixt cup and lip.

## slippery

a slippery slope منحنى متزلق - أمر أو عادة

سيئة تؤدي إلى ما هو أسوأ كالمنحدر من على سفح مائل  
e.g. If you let kids stay up late a few nights you're on a slippery slope.

be as slippery as an eel شخص ناعم ومخادع

(نوع من أنواع السمك بجسم كالشعبان = eel)

e.g. You'd be mad to go into business with him. He's as slippery as an eel.

## slow

do a slow burn غضب دفين في ازدياد تدريجي

e.g. As he heard more about the plan to develop the area for industrial use he started doing a slow burn.

## smack-bang

## smack-dab

بالضبط، في مكان معين على وجه الدقة

e.g. She lives smack-bang in the middle of

London.

## small

## small beer

شيء تافه بالمقارنة بشيء آخر

e.g. A loan of that size is small beer. These banks are lending millions of pounds a day.

small fry الشخص أو المنظمات أو الأشخاص

عديمو الحيثية، الشيء أو الأشياء قليلة الأهمية

e.g. The small fry are soon going to be pushed out of business by all these multinationals.

e.g. The investigation is small fry for a police force used to massive inquiries.

a small fortune

ثروة ، أموال كثيرة

e.g. Her hair ought to look good. She spends a small fortune on it.

## the small hours

الساعات الأولى من النهار، ساعات الصباح الأولى

e.g. I was up till the small hours of Wednesday morning finishing off that report.

## be grateful/thankful for small mercies

يكون شكوراً أو ممتناً لشيء قد يكون أقل مما كان ينبغي

e.g. They've agreed to end the meeting half an hour early. I suppose we should be thankful for small mercies.

Don't sweat the small stuff لا تقلق على

الأشياء التافهة - لا تهتم بالأشياء التافهة

e.g. Don't sweat the small stuff, Sam. It's just office gossip- No one takes it seriously.

in small doses

لفترات قصيرة -

جرجرات صغيرة (على فترات) بالتدريج

e.g. She's all right in small doses but I wouldn't want to spend a whole lot of time with her.

it's a small world

الدنيا صغيرة - ربما

يلتقى أشخاص (من أماكن بعيدة) مصادفة

e.g. Imagine you knowing Erick! It's a

small world, isn't it?

**make sb feel small** تجعل إنساناً يحتقر نفسه

e.g. As a manager you have to be able to criticize people, but you don't want to make them feel small.

**smart**

**smart drugs** عقاقير أو أدوية منبهة تعمل على زيادة النشاط الذهني

e.g. I have my exams in two weeks. I could use smart drugs.

**a smart alec/aleck**

شخص ركب الغرور أو معتز بنفسه لدرجة الغرور  
e.g. Some smart aleck in the audience kept making witty remarks during my talk.

**a smart bomb** قنبلة توجه نفسها بتلقى إشارات من الأرض - القنبلة الذكية

e.g. Laser-guided smart bombs were hitting targets only about 60 percent of the time.

**a smart cookie** شخص ماهر في إدارة الأزمات

e.g. If anyone can make this company succeed it's Kathy. She's one smart cookie.

**a/your smart mouth** تتكلم بطريقة تظهر بها تميزك دون احترام لمشاعر الآخرين

e.g. If you aren't more careful, your smart mouth could lose you your job.

**the smart money** الرهان

e.g. Hurt's best-actor award surprised even Hollywood insiders. The smart money was on Jack Nicholson.

e.g. The smart money says that the industry will end up drastically reduced.

٧. الأموال التي يتفكها الناجحون من رجال الأعمال

e.g. The smart money is coming back into mortgages as the best investment right now.

**smart arse**

**a smart ass** من يحاول إثبات أنه أكثر ذكاءً من الآخرين فيضايق من حوله من الناس (عامية سوقية)

e.g. Ok, smart arse, do you have a better idea?

**a smarty pants** من يحاول أن يبدو أكثر ذكاءً من الآخرين بطريقة تضايقهم

e.g. Cindy, the little smarty pants, will be the first to tell us where we went wrong.

**smelling**

**come out/up smelling of roses**

**come out/up smelling like roses**

تظهر براءتك وطهرتك

e.g. There was a major fraud investigation, but Smith still came out smelling of roses.

**smile**

**crack a smile** يتصنع الابتسام

e.g. The man barely cracked a smile at his friend's joke.

**wipe the smile off sb's face**

تمسح الابتسامة من على وجهه - تضايقه وبخاصة إذا كان مغروراً بنفسه

e.g. Tell him you saw Helena at the cinema with another guy. That should wipe the smile off his face.

**smiles**

**be all smiles**

لا تفارقه الابتسامة حتى في الظروف الصعبة

e.g. She spent the whole of yesterday shouting at people and yet this morning she's all smiles.

**smoke**

**a smoke and mirrors** يخدع الناس بالتعتيم على النواقص فتبدو الأشياء على أحسن حال

e.g. Smoke and mirrors made the company seem bigger and healthier than it really was.

It was just clever marketing.

**smoke signals**

علامات غامضة كالمدخان - إشارات

e.g. All the smoke signals from Downing

Street indicate that the taxpayer will have to pay up again.

**the (big) smoke**

يكذب ليبين أنه أفضل مما هو في الحقيقة

e.g. The team put on an unbelievable performance. I'm not just blowing smoke. They were great.

**go up in smoke** يسفر عن لا شيء، ينتهي إلى هباء، يذهب دخاناً بلا طائل

e.g. Their hopes for a really good holiday went up in smoke when their children became ill on the day before they were going to leave.

**there's no smoke without fire**

**where there's smoke, there's fire** لا دخان بلا نار

e.g. He claims that they were just good friends and that they never slept together but there's no smoke without fire, that's what I say.

**smoking**

**a smoking gun**

معلومات مؤكدة تثبت من اقترف الجريمة

e.g. A smoking gun was found in the form of an incriminating memorandum and Walker was convicted of theft.

**snail**

**snail mail**

نظام إرسال الخطابات بالبريد (فكاهي)

e.g. What's your preferred means of communication? Fax, email or snail mail?

**at snail's pace** ببطء شديد

e.g. The roads were full of traffic and we were travelling at a snail's pace.

**snake**

**snake oil** نصيحة أو حلول لمشاكل لا تؤدي لنتيجة أو لا طائل تحتها

e.g. In my opinion government measures for balancing the budget are just so much snake oil

**a snake-oil salesman**

بائع يحاول أن يبيعك أشياء لا فائدة منها

e.g. The American people are too easily deceived the perfect target for any passing snake-oil salesman.

**a snake in the grass** عدو مستتر،

(ثعبان) بمعنى شخص ماهر وخبيث (ع م)

e.g. it's upsetting to learn that someone you once viewed as a good colleague is in fact a snake in the grass.

**snap**

**snap to it!** أسرع

**snap it up!**

e.g. We're leaving in five minutes, so you'd better snap to it. 'Snap it up, can't you? Surely you've had enough time to write that letter?

**snappy**

**make it snappy!**

طريقة غير مهذبة تقول بها لشخص "أسرع"

e.g. We'd like four coffees please, and make it snappy.

**sneezed**

**not to be sneezed/sniffed at** لا يستهان به

e.g. And there's the increase in salary to be considered. L 3000 extra a year is not to be sneezed at.

**be nothing to sneeze/sniff at**

شيء لا يستهان به

e.g. Blizzards with a foot of snow are nothing to sneeze at even in the mid-west.

**snook**

**cock a snook** (تعبير قديم)

يبين احتقاره لشيء أو شخص بالإساءة إليه

e.g. In the end he refused to accept the award, cocking a snook at the film industry for which he had such contempt.

snow

a snow job

محاولة خداع شخص بمدحه أو بالكذب عليه

e.g. Danny'll need to do a snow job on his Dad if he's going to borrow the car again.

snowball

a snowball effect شيء أو موقف يتضخم بسرعة

e.g. The more successful you become the more publicity you get and that publicity generates sales. It's a sort of snowball effect.

not have a snowball's chance in hell

ليس له أدنى فرصة

e.g. With those grades she hasn't a snowball's chance in hell of getting into college.

snowed

be snowed under يكون عنده كثير من

الأعمال مما يسبب له متاعب - مرهق مشغول جداً

e.g. She wants me to take sometime off but I'm snowed under with work at the moment.

snuff

a snuff movie

فيلم مثير جنسياً يعرض مشاهد شخص يُقتل

e.g. In May 29 he was arrested and charged with importing snuff movies into the country.

up to snuff

ذو مستوى مقبول أو نوعية لا تُبَار عليها

e.g. Their wine list is very good but I'm afraid the food isn't up to snuff.

snug

be as snug as a bug in a rug

تشعر بالدفء والراحة (لأنك في السرير تحت الغطاء)

e.g. You get in your nice warm bed with your teddy and you'll be as snug as a bug in

the rug!

soaked

be soaked to the skin يكون مغموراً بالماء  
(بالمطر مثلاً) - مبتلاً بالمطر الغزير

e.g. The rain was so heavy we were soaked to the skin after only ten minuets.

get soaked to the skin

e.g. I had no umbrella so I got soaked to the skin.

soap box

get on your soapbox يعتلي المنبر أو المنصة  
ليعبر عن آرائه بقوة في موضوع سئم الناس منه

e.g. It was that point in the evening when my father got on his soap-box and started lecturing us on the evils of the modern world.

soapbox صندوق خشبي كان يقف عليه الخطباء  
في الماضي

sob

a sob story قصة حزينة يحكيها لك شخص عن  
نفسه لتعاطف معه - قصة عاطفية

e.g. She told me some sob story about not having enough money to go and see her father who was ill.

sober

be as sober as a judge غير متأثر بشرب  
الخمير - صاح وواع، غير ثمل، في كامل وعيه

e.g. It's awful when everyone else around you has been drinking and you're as sober as a judge.

social

social climber شخص يتسلق السلم الاجتماعي  
بمصادقة أفراد من طبقة أعلى من طبقتة

e.g. He was a dedicated social climber and was at all the best parties.

sock

put a sock in it!

طريقة غير مهذبة تطلب من شخص أن يسكت

(يتكتم) (ع. م)

e.g. Put a sock in it! Some of us are trying to work around here.

socks

blow/knock your socks off

شيء مثير وممتاز للغاية - يثير إعجابك

e.g. I'm going to take you to a restaurant that'll knock your socks off.

pull your socks up

تقوم بمجهود لتحسين

عملك أو تصرفاتك لقصور فيهما (يشد حيله ع م)

e.g. He's going to have to pull his socks up if he wants to stay in the team.

work your socks off

تعمل بجهد

e.g. The lawyers that I know earn a lot of money but they work their socks off.

(beat/bore/charm etc) the socks off

يصيب شخصاً بالملل أو يضره أو يسحره كلية

e.g. He was one of those teachers who bored the socks of his students with his classes.

sod

Sod's law

ما قُدِّر يكون (فكاهي)

e.g. It's Sod's Law that on the one occasion when the train arrives on time, I'm late!

soft

soft in the head

خفيف العقل - غبي

e.g. I can't change my mind now, she'll think I've gone soft in the head.

be soft on sb

يكون مجباً أو عطوفاً لشخص أو متحازلاً له

e.g. I think Conor must be soft on Julie. he keeps sending her cards.

have a soft spot for sb/sth

يحب شخصاً أو يحنو عليه

e.g. I've got a real soft spot for Thomas. I just find something about him very appealing.

softly

a softly, softly approach

التعامل مع مشكلة بلطف وحلها بطريقة تدل على الصبر والتأني

e.g. The recent unrest in the capital suggests the government's softly, softly approach to reform is not working.

sold

be sold a pup

مخدوع، وقع فريسة للنصب والاحتيال

e.g. If you paid so much money for that car, you've certainly been sold a pup.

soldier

a soldier of fortune

(تعبير أدبي)

e.g. A soldier of fortune in the service of both Christian and Muslim kings, he was constantly fighting from 1065.

solid

as solid as a rock

صلب كالصخر

e.g. So much furniture these days is so flimsy. This table here was made a hundred years ago and it's as solid as a rock.

some

and then some

وزيادة

e.g. It looked like 20,000 people and then some at the demonstration.

son

son of a bitch

عبارة للتعبير عن

(أين كلب ع) غضبك من شخص ما (خارج حدود الأدب)

e.g. Son of a bitch! Have you seen what he wrote in this letter?

son of a gun

عبارة تشتم بها شخصاً أساء إليك

أو صدمك يا ابن الإيه (ع م) (خارج حدود الأدب)

song

a song and dance

قصة معقدة ملفقة، تطليل وتزوير (ع. م)

e.g. She gave me some song and dance

about her kids always being sick and not being able to get to the meetings.

**be on song** (رياضة) يلعب أو يؤدي بمهارة

e.g. Ravandli looked a bit tired in last Saturday's match but he's certainly on song tonight.

**for a song**

ثمن رخيص جداً، بثمان زهيد، ببلاش (ع.م)

e.g. This is one of my favourite pieces of furniture and I got it for a song in a market.

**make a song and dance about sth/sb**

يبالغ في وصف شخص أو شيء ليلفت الأنظار

e.g. I only asked her to move her car but she made such a song and dance about it.

sooner

**no sooner said than done**

سمعاً وطاعة، يتبع القول بالعمل - بكل سرور

e.g. Would you mind closing the window for a while? No sooner said them done.

sore

**a sore point/spot** نقطة ضعف تسبب حساسية

e.g. I tried not to make any reference to Mike's striking habits. I know it's a sore point with Kay at the moment.

**stand/stick out like a sore thumb**

يظهر بشكل مختلف عن الآخرين

e.g. Everyone else was in Jeans and casual gear and I had my office clothes on. I stuck out like a sore thumb.

sorrows

**drown your sorrows**

تشرب كمحليات لتنسى أحزانك

e.g. I've got a bottle of Whiskey. Shall we stay in and drown our sorrows?

sorts

**be out of sorts** تشعر بمرض بسيط أو بشيء

من الحزن - متعكر المزاج أو منحرف الصحة

e.g. I've been feeling tired and headachy and generally out of sorts for sometime.

**it takes all sorts (to make a world)**

يختلف الناس بعضهم عن البعض (ويجب أن يتقبل بعضنا بعضاً) يجب أن ندرك أن الناس تختلف

e.g. Now the couple next door, they go swimming in the sea in the middle of winter. Well, it takes all sorts, as they say.

soul

**be the soul of discretion**

عين التعقل والريانة

e.g. As to Nigel, he's the soul of discretion. I'm quite sure he won't mention this to anyone.

**sell your soul (to the devil)** يقترف إثماً في

سبيل الحصول على الأموال أو النفوذ

e.g. As far as Mike is concerned, he badly wanted the job and he'd sell his soul to the devil to get it يصادق الشيطان ليصل إلى هدفه

sound

**be as sound as a bell**

تكون سليماً وبصحة جيدة

e.g. Her constitution is as sound as a bell.

**be as sound as a dollar** (تعبير قديم)

(للا لة) تعمل بكفاءة وهي بحالة طيبة

e.g. The engine has been as sound as a dollar since it was overhauled.

soup

**be in the soup** في ربكة، في مشاكل

e.g. The team know that if they lose on Saturday, they'll really be in the soup.

**from soup to nuts** من الأول إلى الآخر

e.g. She told us everything about the trip from soup to nuts.

sour

**sour grapes** عنب حصرم - اللي ما يطول

العنقود يقول حامض (ع) - تعبير عن الغيرة

e.g. I don't think it's such a great job. and that's not just sour grapes because I didn't get it.

south

go south تنخفض قيمته

e.g. When oil prices went south, it caused problems right across the economy.

space

a space cadet (فكاهي)

شخص غريب الأطوار ومختل عقلياً

e.g. I wouldn't trust him with the children.

He's a real space cadet.

watch this space

ترقب التغيير القادم في المستقبل

e.g. I have plans for my career. Watch this space.

spade

call a spade a spade يسمي الأشياء بأسمائها ،

لا يخفي الحقيقة حتى لو كان فيها جرح مشاعر الغير

e.g. You know me, I call a spade a spade and when I see someone behaving like an idiot, I tell them.

spades بكميات كبيرة ومهولة - بصورة شديدة

e.g. I don't get colds often, but when I do I get them in spades.

spare

be like a spare brick at a wedding

تشعر بالخزي لوجودك في مكان ولا أحد يهتم بوجودك (تعبير محظور أو فكاهي)

e.g. Everyone else there had come with their partner and I was left feeling like a spare brick at a wedding.

go spare يفضب بشدة

e.g. She'd go spare if she found out he was spending all that money.

spark

a spark plug

شعلة نشاط - إنسان نشط يشجع الآخرين على العمل

e.g. The school's new principal is the spark plug in a team that includes parents, teachers and community.

sparks fly تشتعل الفتنة والبغضاء بين شخصين أو أكثر - تشتعل نار الخصام أو النزاع

e.g. They don't have the easiest of relationships and when they got together in a meeting sparks fly.

speak

speak for itself/themselves (سجل ، عمل .. الخ)

يتحدث عن نفسه في غير حاجة إلى الكلام

e.g. His record speaks for itself.

speaking

not be on speaking terms

يرفضان التحدث إلى بعضهما - في حالة خصام

e.g. She's not on speaking terms with her ex. husband.

spec

on spec ولعدم التأكد من حدوث شيء كما تريده - تذهب لتتأكد بنفسك

e.g. You could always turn up at the airport on spec and see what's available on the day. spectacle

make a spectacle of yourself

تجسس نفسك (ع.م) - يجعل من نفسه أضحوكة

e.g. I wasn't going to make a spectacle of myself by dancing with my grandma!

spectre

raise the spectre of sth يشير الرعب من شيء

e.g. Drought and war have raised the spectre of food shortages for millions of people.

speed

up to speed

على نفس مستوى الكفاءة - على علم بالأمر مسبقاً

e.g. We arranged for some home tutoring to get him up to speed with the other

children in his class.

e.g. Before we start the meeting I'm just going to bring you up to speed on the latest developments.

**spick**

**be spick and span** في غاية النظافة والترتيب

e.g. The kitchen was spick and span as ever, every surface wiped down and everything in its place.

**spin**

**a spin doctor** (في السياسة) من يحسن صورة الأشياء للجمهور ليتقبلها

e.g. In politics, this is the age of the spin doctor and image maker.

**be in a spin** يقع في حيرة

e.g. She's in a spin over the arrangements for the party.

**send/throw sb. into a spin**

يوقع شخصاً في مأزق أو حيرة

e.g. News of the doctor's resignation had sent management into a spin.

**spirit**

**as/when the spirit moves you** عندما تحفزه  
القوة الداخلية المحركة ، كما يريد (فكاهي)  
(على مزاجه ع.م.)

e.g. He'll cook now and again, when the spirit moves him.

**enter/get into the spirit of sth**

يندمج مع - يشارك نفسياً ومعنوياً

e.g. I'm afraid I was feeling too ill to really get in the spirit of the evening.

**spit**

**spit and polish** التنظيف والتلميع

e.g. All it needed was a bit of spit and polish and we got it looking as good as new.

**spit nails**

**spit chips/tacks**

تُعبّر عن غضبك الشديد بالقول أو بالتصرفات

e.g. He was spitting nails when he saw what had happened to his car.

**I could (just) spit!** كُدت أبيض، كناية

عن غضبك مما فعله بك شخص آخر

**spit-and-sawdust** مكان (حانة) قَدْر وغير مُرتب

e.g. There are one or two spit- and - sawdust pubs in the town centre but nothing remotely trendy.

**spitting**

**be the spitting image of sb**

صورة طبق الأصل - نسخة من

e.g. He's the spitting image of his father.

**splash**

**make a splash**

يشير دويًا ، يحوز على إعجاب الجماهير

e.g. It wasn't a best-seller but it did make a splash in American literary circles.

**spleen**

**vent your spleen**

يصب جم غضبه على ، يفش غلُه في (ع.م.)

e.g. Politicians used the press conference as an opportunity to vent their spleen on reporters.

**spoiling**

**be spoiling for a fight** متحفز أو متلهف للشجار

e.g. The trouble was caused by a group of demonstrators who were obviously spoiling for a fight.

**spoke**

**put a spoke in sb's wheel** يقف كحجر

عثرة في وجه مشروع ، شخص ، يعطل أو يوقف مشروعاً أو خطة شخص

e.g. Tell him you're using the car that week-end. That should put a spoke in his wheel.

**spoon-fed**

**be spoon-fed** تدلل - تحصل على معونة أو

معلومات بسهولة وبدون تعب

e.g. When I was at school we weren't spoon-fed, we had to work things out for ourselves.

sporting

a sporting chance

فرصة طيبة ولكنها قد لا تكون مؤكدة

e.g. It's by no means definite but there's a sporting chance he'll get the job.

spot

glued/rooted to the spot

متسمر في مكانه لا يبارحه (خوفًا)

e.g. I stood there rooted to the spot as he came nearer and nearer.

hit the spot

(في الأكل) يُشبع

e.g. Mmm, that pecan pie hit the spot.

on the spot

١. في التو واللحظة

e.g. If you're caught without a ticket, you're fined on the spot.

٢. في الموقع

e.g. The police were called and they were on the spot within three minutes.

٣. في مكانك (في حالة الجري)

e.g. I ran on the spot for ten minutes to warm myself up.

put sb on the spot

يخرج ، يورط ، يضع شخصاً في مأزق، تجبره على اتخاذ قرار في الحال فتحرجه

e.g. Steve rather put him on the spot by asking when we were going to get a pay rise.

spot light

be in the spotlight

في دائرة الضوء والشهرة

e.g. I always assumed she liked being in the spotlight.

steal the spotlight

يسرق الأضواء، يجتذب الشهرة لنفسه

e.g. It was said that he was jealous of his wife because she stole the spotlight from him.

spots

knock spots off sb/sth

يتفوق على شخص آخر بسهولة

e.g. There's a vegetarian restaurant in Brighton that knocks spots off any round here.

spout

be up the spout

(للمرأة) حامل (عامية)

e.g. His sister's only just turned sixteen and she's up the spout.

up the spout

مُهَدَّر - فشل

e.g. Pete lost his job so that meant our holiday plans went up the spout.

spring

be no spring chicken

(نكاهي)

تخطى مرحلة الشباب

e.g. He must be ten years older than Grace, and she's no spring chicken.

spur

on the spur of the moment

ارتجالاً ، من وحى اللحظة

e.g. It was something I bought on the spur of the moment, and I've regretted it ever since.

spurs

earn/win your spurs

يشبت جدارته

e.g. He won his spurs during his party's long period of opposition before the war, and is now recognized as one of the most skilled politicians of our time.

square

a square meal

وجبة كاملة بها كل المواد الرئيسية

e.g. If you're only eating a chocolate bar for lunch you need a good square meal in the evening.

a square peg (in a round hole)

شخص غير مناسب للمكان الذي وضع فيه، البغل

في الإبريق (ع.م.)

e.g. I never did understand what Paddy was doing in accounts. He was a square peg in a round hole.

**back to square one**

يعود من حيث بدأ - يعود إلى نقطة الصفر

e.g. If this guy rejects our offer we'll have to go back to square one and start the whole recruitment process again.

**be on the square** أمين، صادق

e.g. So this guy you're buying the car from-how do you know he's on the square?

**squeaky**

**squeaky clean**

١. أمين وصادق ولم يقترب إنمًا في حياته

e.g. Journalists have been trying to discover whether the Senator really is as squeaky clean as he claims to be.

٢. نظيف للغاية

e.g. I love the squeaky clean feel of my hair after I've washed it.

**squeeze**

**put the squeeze on sb/sth** يحاول بنفذه

الضغط على شخص أو مؤسسة ليطوعها لرغباته

e.g. Human rights activists hope the US president will put the squeeze on the island's rulers. يسبب مشاكل تعوق عمل شخص

e.g. The recession has put the squeeze on many small businesses.

**stab**

**have/make a stab at sth/doing sth.**

تجرب القيام بعمل لم يسبق لك القيام به

e.g. I'd never tried water skiing before, but I had a stab at it while I was in Greece.

**stable**

**closing/shutting the stable door after the horse has bolted** فات أو ان الحذر،

سبق السيف العذل، لا ينفع الندم بعد العدم

e.g. Improving security after a major theft would seem to be a bit like closing the stable door after the horse has bolted.

**staff**

**the staff of life** (تعبير أدبي)

صلب الحياة - دعامة الحياة

e.g. Bread is the staff of life, which is why we only use the finest organic flour to make ours.

**stag**

**a stag night/party** حفل ما قبل الزواج

يعده أصدقاء العريس للرجال فقط

e.g. On Keith's stag night, his friends left him tied to a lamp post in Trafalgar Square, wearing only his underpants.

**go stag** رجل يذهب إلى حفل دون امرأة معه

e.g. He usually prefers to go stag to parties.

**stage**

**set the stage for sth**

تعد العدة لشيء، يمهد الطريق لحدث شيء

e.g. The purpose of that first meeting was to set the stage for future co-operation between Russia and USA.

**the stage is set for sb** الأمور مجهزة لحدث شيء

e.g. The stage is now set for a really exciting climax to this year's championship.

**stake**

**go to the stake** مستعد أن يقاسى من

العذاب والآلام دفاعًا عن أفعاله ومعتقداته

e.g. She believed passionately that the government were wrong on this issue and was prepared to go to the stake for her views.

**stakes**

**pull up stakes**

يقتلع جذوره ويهاجر، يترك موطنه إلى موطن آخر

e.g. He pulled up stakes in Indiana and

moved, permanently.

**stalking**

**a stalking horse**

١. سياسي يختبر قوة سياسي آخر بالترشيح ضده

e.g. He was a stalking horse, intended to undermine what was regarded at the time as a weak leadership.

٢. خدعة ليداري بها غرضه الأساسي

e.g. It's feared that the talks are just a stalking horse for a much wider deal between the two parties.

**stall**

**set out your stall**

تعلن عن تصميمك على عمل شيء

e.g. We've set out our stall to win the championship and we'll be disappointed if we don't.

**stand**

**stand or fall by sth** يسبب النجاح أو الفشل

e.g. The new television channel will stand or fall by its ability to attract younger viewers.

**stand up and be counted**

يفصح عن آرائه مهما كانت النتائج

e.g. Those who did have the courage to stand up and be counted were arrested and imprisoned.

**make a stand** تتخذ موقفاً مع أو ضد شيء

e.g. I felt the situation had existed for far too long and it was time to make a stand.

**take a stand**

تعبّر عن رأيك سواء كنت مؤيداً أم رافضاً أمراً

e.g. Many politicians fail to take a stand on equal rights for women.

**standard-bearer**

**a standard-bearer** رافع لواء الحق

(حق الحزب مثلاً) - من يمثل فكرة أو حزب

e.g. He's the standard bearer of the party's

right.

**standing**

**could do something standing on your head**

تقوم بعمل شيء بمنتهى السهولة لأنك تدرت عليه

e.g. I've done this job for so long I could do it standing on my head.

**leave sb/sth standing** يتفوق على الجميع

e.g. Stella's singing was so good, she left the others standing.

**stands**

**as it stands** الأمور كما هي - دون تغيير

e.g. As it stands, the Panel's decisions can be reviewed by the courts.

**staring**

**be staring sb. in the face**

١. شيء منطقي واضح

e.g. We spent ages wondering how we could make more space in the shop and the answer was staring us in the face all the time.

٢. حقيقة مؤلمة على وشك الحدوث

e.g. With only one day's supply of water left, death was staring him in the face.

**stark**

**stark naked** عارٍ تماماً، مُجرد من الثياب تماماً

e.g. He walked into the room stark naked.

**be stark raving mad** يهلوس بجنون، يُجن

e.g. She looked at me as though she thought I was stark raving mad.

**starry-eyed**

**starry-eyed**

سعيد ومبتهج بشيء حتى أنك لتنسى جوانبه السيئة

e.g. Starry-eyed youngsters may dream of running away to the circus but life on the road is far from romantic.

**stars**

**stars in your eyes** في منتهى السعادة -

متفائل ومملوء بالأمال العريضة عن النجاح والشهرة

e.g. She was a girl with stars in her eyes and dreams of becoming famous.

start

**bring/pull sb up with a start**

تزعج شخصاً بنبأ مثلاً يوقه عن التفكير

e.g. The sound of his voice pulled me up with a start.

state

**the state of play** الوقت الحاضر، الموقف الحالي

e.g. The article provides a useful summary of the current state of play in the negotiations.

state-of-the-art

state-of-the-art أحدث الأجهزة والمعدات

e.g. State-of-the-art computer graphics show how your kitchen could be transformed.

station

**marry beneath your station** (تعبير قديم)

تتزوج من طبقة اجتماعية أقل من طبقتك

e.g. Her father who felt that she had married beneath her station, refused to speak to her.

status quo

the status quo بقاء الحال على ما هو عليه

e.g. The army, having maintained the status quo for so long is embarking on a series of reforms.

steam

let off steam

blow off steam ينفث عن انفعالاته

e.g. I've told her she can call me and talk any time she wants to blow off steam.

pick up steam

يتعافى، يقوى، يقوم بالعمل بكفاءة أكبر

e.g. There are signs that the economy is picking up steam.

under your own steam

دون عون من أحد، بجهد الذاتى، بطريقة الخاصة

e.g. Don't bother sending a car for us. We can get there under our own steam.

stem

from stem to stern

من الأول إلى الآخر، من أول الشيء إلى آخره

e.g. We overhauled the car from stem to stern.

step

step on it !

step on the gas!

أسرع (عادة أمر)، دوس بنزين (ع)

e.g. Step on the gas, will you, we have to be there in five minutes.

mind/watch your step احرص، امش بحرص

e.g. Watch your step; the floor's wet and it's a bit slippery.

watch your step كن على حذر، لا تقل

أو تعمل شيئاً يجلب عليك المشاكل

e.g. He'd better watch his step if he wants to carry on working here.

stew

be in a stew (تعبير قديم)

فى هم وغم، فى ربكة، فى قلق وارتباك

e.g. She was in a stew over the party arrangements.

leave sb to stew

let sb stew

يترك شخصاً ليعانى الهم والغم من جراء أعماله السيئة

e.g. I could have said a few comforting words and made him feel better but I thought I'd let him stew a while instead.

stick

stick in your gullet/throat يقف فى

حلقه - يصعب عليه قبوله وابتلاعه - يفرز (عامية)

e.g. What really sticks in my gullet is the way he treats the women in the office.

a stick to beat sb/sth with

سبب أو عذر يعطيك الحق فى نقد الآخرين بعنف

e.g. As far as the opposition are concerned, the slightest hint of scandal is yet another stick to beat the government with.

**get on the stick**

يحمل نفسه على العمل أو على الإسراع في العمل

e.g. It I get on the stick I'll finish the report by this evening.

**get/take (a lot of/some etc) stick**

**come in for (a lot of/some etc) stick**

يُنقَد ويُهزأ منك بسبب ما عملته

e.g. I get a lot of stick from people at work over the way I dress.

**give sb (a lot of/some etc) stick**

e.g. I got your name wrong when I first met you. I recall you gave me a lot of stick about that.

**more sth than you can shake a stick at**

عدد كبير جداً من شيء لا يحصى (تعبير قديم)

e.g. I don't know why she wants more shoes. She's already got more pairs than you can shake a stick at.

**sticking**

**a sticking point**

نقطة خلاف لا يتفق عليها الأطراف في نزاع أو مناقشة

e.g. Pay has been a major sticking point in negotiations.

**stick - in - the - mud**

**a stick - in - the-mud** شخص حامل مفتقر

إلى الطموح، شخص متمسك بالأفكار القديمة ولا يريد التجديد

e.g. Anyway, I'm not interested in married men. "Oh, don't be such a stick-in-the-mud."

**sticks**

**sticks and stones may break my bones**

(but words will never hurt me)

الكلمات سواء مكتوبة أو شفوية لا تؤذي

e.g. Criticism has never bothered me. Sticks

and stones may break my bones, and all that.

**up sticks**

**pick up sticks** يهجر موطنه ويرحل

e.g. I was even thinking I might pick up sticks and move to somewhere completely new.

**sticky**

**be (batting) on a sticky wicket**

يتخبط على غير هدى في تصرفاته لأنه أخطأ

e.g. You know you're batting on a sticky wicket there, not paying tax.

**come to/meet a sticky end**

يموت بطريقة فظيعة - ينتهي نهاية مأساوية (فكاهي)

e.g. Of course the villain comes to a sticky end in the last act of the play.

**have sticky fingers** لص - سارق

e.g. Another wallet has been stolen, so it looks as though someone in the office has sticky fingers.

**stiff**

**a stiff upper lip** يملك القدرة على إخفاء

شموره فيبدو هادئاً في كل الأحوال

e.g. I never once saw my father cry or show any sign of vulnerability. It's an old British stiff upper lip.

**be as stiff as a board** ١. متخشّب

e.g. It's so cold out there - the washing was as stiff as a board when I brought it in off the line. ٢. متخشّب جسمانياً (من الجهد الجسماني)

(المبذول)

e.g. I cycled fifty miles yesterday, and when I woke this morning, I was as stiff as a board.

**still**

**still waters run deep** مظهره الهادئ، قد يخفي

طبعاً عنيماً أو معقداً، تحت السواهي دواهي (ع.م.)

e.g. He's quiet and shy, it's true, but still waters run deep.

## sting

**a sting in the tail** نهاية مأساوية لشيء بدأ  
بداية مفرحة وخفيفة الظل - النهاية المرّة .

e.g. At the start, it's humorous and light  
but like most of her short stories there's a  
sting in the tail.

**take the sting out of sth** يخفف من حدة الألم  
e.g. Humour of course can take the sting  
out of almost any unpleasant situation.

## stink

**kick up a stink**

**make/raise a stink**

تشير ضجة معبراً عن غضبك من شيء

e.g. He kicked up a stink at the restaurant  
because the meal was late.

## stir

**cause/create a stir** يشير الإعجاب أو الانتباه

e.g. Emma caused quite a stir in her little  
black dress last night.

**stir-crazy**

**stir-crazy** تشعر بالملل والتوتر لبقائك في مكان  
واحد مدة طويلة (stir في اللغة الإنجليزية الأمريكية  
= السجن)

e.g. It's no wonder she's going stir-crazy,  
shut in that tiny house all day with three  
young children.

## stitch

**a stitch in time (saves nine)** من الأفضل

المبادرة بحل المشاكل قبل أن يستفحل حلها

e.g. If you don't repair the oil leak now,  
you might damage the whole engine. It's a  
case of a stitch in time.

## stitches

**have sb in stitches**

تجعله يضحك من القهقهة (الضحك)

e.g. She told a couple of jokes that had us  
all in stitches.

## stocking

**in (your) stocking/s** **stockinged feet**

لابساً الشراب دون الحذاء

e.g. She crept upstairs in stocking feet so  
as not to wake the baby.

He stood five feet five in his stocking feet.

## stomach

**not have the stomach for sth**

**have no stomach for sth** لا يجرؤ على

اقتراف عمل سيئ - لا يملك الشجاعة أو العزيمة

على القيام بعمل سيئ - لا يرغب - ليس له مزاج

e.g. Demoralised and exhausted, the soldiers  
did not have the stomach for another fight.

## stone

**be carved/set in stone**

اتفاق محدد وغير قابل للتغيير

e.g. The rules aren't set in stone, they can  
be altered to suit changing circumstances.

**leave no stone unturned** لم يدع فرصة

دون أن يستغلها للوصول لهدفه - يبذل كل جهده

e.g. Both organizations have vowed to  
leave no stone unturned in the search for  
peace.

**sink like a stone**

يفشل تماماً

e.g. He had published two novels, both of  
which sank like a stone.

**a stone's throw** على مرمى حجر - مسافة قصيرة

e.g. The city centre is only a stone's throw  
away.

## stony

**fall on stony ground**

فكرة أو نصيحة أو تحذير يُقابل بالتجاهل

e.g. Warnings about the disastrous effect  
on the environment fell on stony ground.

## stool

**a stool pigeon**

مجرم يدلي بمعلومات للبوليس عن مجرمين آخرين

e.g. Once they discovered he was a stool pigeon, it was only a matter of time before they had him killed.

stops

**pull out all the stops** يبذل قصارى جهده، يطلق العنان لإمكاناته لبلوغ غايته

e.g. They pulled out all the stops for their daughter's wedding.

store

**mind the store** - خللي بالك (ع) - تتحمل مسئولية شيء بدلاً من صاحبه في غيابه

e.g. So who's going to be minding the store while your manager's away?

**set great/much store by sth**

تؤمن بقيمة شيء قيم ومهم - تعتمد على شيء

e.g. I've always set great store by his opinion.

storm

**a storm in a teacup**

زوبعة في فنجان - انفعال شديد على شيء تافه

e.g. I think it's all a storm in a tea cup.

There's probably no danger to public health at all.

**ride out/weather the storm**

يتحمل العاصفة وينجو منها - يتغلب على مشكلة

e.g. It remains to be seen if the President will weather the political storm caused by the remarks.

**take sb/sth by storm**

تنجح نجاحاً مبهراً فجأة بين أقرانك

e.g. Today we're interviewing the 20-year-old fashion designer who has taken Paris by storm.

**(dance/sing/talk etc) up a storm**

تقوم بعمل ما بهمة ونشاط زالدين

e.g. Her dog barks up a storm every time the phone rings.

story

**but that's another story**

وهذه قصة أخرى (غير ما سبق أن ذكرته)

e.g. Alex, meanwhile, was falling madly in love with Nicky, but that's another story.

**it's/that's the story of my life**

وهذا ما يحدث لي كثيراً في حياتي = (شيء مؤسف يحدث له دائماً في حياته) (فكاهي)

e.g. She said she just wanted us to be friends. That's the story of my life.

**that's my story and I'm sticking to it**

قصة غير حقيقية تحكيها عن حياتك (تعبير فكاهي)

e.g. I'm not fat, I've just got big bones.

Well, that's my story and I'm sticking to it. straight

as straight as a die

as straight as a pin

في غاية الاستقامة - مستقيم على طول الخط - لا

يميل مع الهوى، أمين ومنصف تماماً كحد السيف

e.g. The road runs straight as a die for fifty miles.

**can't think straight** لا يستطيع التفكير القويم

**not be thinking straight**

e.g. I was so tired. I wasn't thinking straight any more.

e.g. There are so many people talking, I just can't think straight.

**couldn't lie straight in bed**

غير شريف - محتال، غشاش (عامية)

e.g. Nothing you could say about Pete would surprise me. The man couldn't even lie straight in bed.

**kept a straight face** يمتنع نفسه من الضحك

e.g. I can never play jokes on people because I can't keep a straight face.

**with a straight face**

e.g. I don't know how you can stand there and repeat all that nonsense with a straight

face.

**play a straight bat** ١. تتجنب الإجابة عن أسئلة

بعضهم كما تتجنب إعطاءهم المعلومات المطلوبة

e.g. When asked about the affair, he plays a straight bat.

٢. (تعبير قديم) شخص مشهود

له بالأمانة متمسك بالقصائد الموروثة

e.g. Wilf has played a straight bat all his life. I can't believe he'd get mixed up in anything illegal.

**straight from the shoulder**

بصراحة ، بغير مواربة

e.g. I gave it to him straight from the shoulder. 'You're talking garbage', I said.

**straight up** بكل صراحة، بمعنى الكلمة

e.g. Straight up, John, I never laid a finger on her.

**a straight arrow** مستقيم، أمين، نزيه، صريح

e.g. Friends describe Menendez as a straight arrow who rarely drank and was close to his family.

**a straight shooter**

شخص تثق فيه لنزاهته وأمانته

e.g. He'll mean what he says. He's a straight shooter.

**shoot straight** يكون صريحاً معك وأميناً أيضاً

e.g. Marvin will shoot straight with you.

He's a good guy to do business with.

**the straight and narrow** الصراط المستقيم

e.g. The threat of a good beating should keep him on the straight and narrow.

**be as straight as a die** مستقيماً وأميناً للغاية

e.g. You trust Penny to tell you the truth.

She's as straight as a die.

**give it to me straight** (فعل أمر) كلمني

بصراحة (عادة عن شيء مؤسف وقع)

e.g. Just give it to me straight. How badly hurt is he?

**straining**

**be straining at the leash**

يتلململ في قيوده ، يتوق إلى الانطلاق

e.g. Meanwhile we hear that our soldiers have reached a peak of fitness and are straining at the leash.

**straw**

**a straw in the wind**

علامة أو دليل على اتجاهات الأحداث

e.g. There were one or two straws in the wind yesterday that suggested an offensive was imminent.

**the straw that breaks the camel's back**

القشة التي قصمت ظهر البعير

e.g. Losing my job was bad enough but having the relationship end like that was the straw that broke the camel's back.

**the final/last straw**

القشة الأخيرة التي قصمت ظهر البعير - الموقف

الذي لن يجعلك تتحمل أكثر مما تحملته من آلام

e.g. He'd been unhappy at work for a long time but the last straw came when he was refused promotion.

**straws**

**clutch/grasp at straws** ١. تتعلق بقشة

للتجو، تتعلق بشيء واه لينقذك مما أنت فيه

e.g. He's hoping that this new treatment will help him, but I think he's clutching at straws.

٢. تتعلق بأمل ضعيف لا طائل تحته

e.g. She thinks he might still be interested because he calls her now and then but I think she's clutching at straws.

**street**

**street smarts** تجارب من الحياة يستطيع بها

الشخص حل مشاكله ، علمته صقلته الحياة

e.g. These kids around here may not be

much good at reading or writing, but they sure have a lot of street smarts.

**be (just/right) up sb's street**

ضمن اختصاصاته أو معلوماته أو اهتماماته

e.g. I've got a little job here which should be right up your street.

**the man/woman/person in the street**

رجل الشارع، رمز للرجل العادي

e.g. Do the plans for celebrating the millennium take into account the views of the man in the street?

**streets**

**be streets ahead** يفوقه، يتفوق على شيء بمراحل

e.g. He's fairly average at English but his maths is streets ahead of any other kid in the class.

**strength**

**go from strength to strength**

يزداد قوة على قوة أو متعة على متعة

e.g. The firm has gone from strength to strength since he took over as manager.

**on the strength of something**

استناداً إلى، بناء على، على أساس كذا

e.g. On the strength of the projected sales figures, we decided to expand our business. He was accepted for the writing course on the strength of a few articles in his local paper.

**a pillar/tower of strength**

عماد، رمز القوة، العناصر للضعفاء

e.g. Roger was a tower of strength when my parents died.

**stretch**

**not by any stretch of the imagination**

**by no stretch of the imagination**

(عادة في النفي) مهما شطح الخيال

e.g. He's pleasant looking but by no

stretch of imagination could you describe him as handsome.

**stride**

**get into your stride**

يتمكن من عمل نتيجة الممارسة، يتمكن الأمر بالممارسة، يشرب الصنعة (ع م)

e.g. It's unfair to criticize him so soon after he's started. After a week; when he's got into his stride, I'm sure his work will improve.

**take sth in your stride**

تقبل المتاعب التي في طريقك ولا تجعلها تؤثر فيك، تتغلب عليها

e.g. A certain amount of criticism comes with the job and you have to learn to take it in stride.

**string**

**another string to your bow**

تضيف مهارة أخرى إلى مؤهلاتك

e.g. If you can teach English as well as Yoga, it's another string to your bow.

**have sb on a string** تسيطر عليه تماماً

e.g. She can get him to do anything she wants. She's got him on a string.

**strings**

**no strings (attached)** دون شرط (تقال وصفاً لمنحة أو مساعدة أو دعوة لإغراء المستفيد بقبولها)

e.g. The donation has no strings attached, so the charity is free to use it for whatever purpose it chooses.

**opposite with strings (attached)**

(العكس) بشروط

e.g. Most of their so-called 'special offers' come with strings attached, so beware.

**pull strings** يستعمل نفوذه على الشخصيات المهمة في صالح شخص

e.g. I may be able to pull a few strings for you if you need the document urgently.

**pull the strings**

يسيطر على مؤسسة (عادة بطريقة سرية)

e.g. I'd really like to know who's pulling the strings in that organization because it's not the elected committee.

**strip**

**tear sb off a strip**

**tear a strip off sb**

يزجر أو يوبخ شخصاً لخطأ ارتكبه

e.g. He tore her off a strip for being late.

**stripes**

**earn your stripes**

تثبت جدارتك

e.g. She earned her stripes as a junior reporter before becoming education correspondent.

**stroke**

**a stroke of luck**

ضربة حظ

e.g. By a stroke of luck, someone at work happened to be selling very cheaply exactly the piece of equipment that I needed.

**strong**

**a strong stomach**

القدرة على مشاهدة

المناظر المزعجة (كصور الحرب مثلاً)

e.g. Some of the war scenes are fairly horrific. You need to have a strong stomach to watch them.

**be sb's strong point/suit** أقوى مؤهلاته

e.g. It has to be said, logic isn't Katherine's strong point.

**be as strong as an ox** كناية عن القوة الجسمانية

e.g. Get Carl to lift it. He's as strong as an ox.

**come on strong**

١. تكلم شخصاً على أنك منجذب نحوه جنسياً

e.g. Towards the end of the evening he was coming on strong and I knew it was time to leave.

٢. يعنف شخصاً بشدة أو يتوعده

e.g. I have to come on strong with some of the guys to get them to cooperate.

**stubborn**

**be as stubborn as a mule**

عنيذ جداً - متمسك بأرائه بشدة

e.g. You won't get him to change his mind. He's as stubborn as a mule.

**stuck**

**squeal like a stuck pig**

يصرخ بصوت عالٍ من الألم

e.g. It was only a scratch, but he started squealing like a stuck pig.

**stud-muffin**

رجل جذاب ونشط جنسياً

e.g. She met her latest stud-muffin in the gym.

**stuff**

**stuff and nonsense**

كلام سخيف وكاذب (تعبير قديم)

e.g. Stuff and nonsense! I never said anything of the sort.

**do your stuff**

تعرف الكثير عن موضوع ما أو تجيد عمله بجدارة

e.g. When it comes to restore grand pianos Mr. Morley really knows his stuff.

**strut your stuff**

هيا! اظهر براعتك (في الرقص مثلاً) (فكاهي)

e.g. I thought you'd be up there on the dance floor, strutting your stuff.

**stuffed**

**a stuffed shirt**

شخص مغرور - متحذلق

e.g. I knew he was a banker and expensively educated, so; I was expecting him to be a stuffed shirt.

**Get stuffed**

تقول هذه العبارة تعبيراً

عن ضيقك من شخص وتريد إبعاده (عامية)

e.g. Oh, get stuffed, Jordan! You're not so perfect yourself.

**stuffing****knock the stuffing out of sb** يحقر أو ينقص من قدره، يثبت له ضعفه الجسماني

e.g. It was their third defeat in a row and it really knocked the stuffing out of them.

**stumbling****a stumbling block** حجر عثرة، عقبة

e.g. Money obviously is a major stumbling block in any project of this size.

**stump****on the stump** سياسي ما زال في مرحلة السفر والخطابة قبل الانتخابات

e.g. On the stump in North Dakota, Aderson took time out to give this interview to our reporter.

**style****cramp sb's style**

يفسد عليه أسلوبه المفضل (في العمل أو في العيش)  
e.g. Are you sure you don't mind your old mother coming along with you? I'd hate to cramp your style.

**sublime****from the sublime to the ridiculous**

من الشيء الممتاز إلى الشيء التافه (السيئ)  
e.g. The evening went from the sublime to the ridiculous, an hour-long piano recital followed by two hours of senseless imitations.

**suck****suck it and see** جرب الشيء الجديد عليك لتعرف إذا كان مناسباً أم لا

e.g. I'm not sure at this stage whether it's the right job for me. I've just got to suck it and see.

**sucker****play sb for a sucker**

تتعامل مع شخص على أنه غبي (عامية جداً)  
e.g. Don't try to play me for a sucker, I want

to know where the rest of the money went.  
suit

**follow suit**

يحدو حدوه، يقلب نفس الشيء (مثل شخص آخر)  
e.g. If other companies lower their prices, we shall have to follow suit.

**sun****think the sun shines out (of) sb's**

قول غير مهذب يقال انتقاداً لشخص يحب شخصاً آخر (يظن الشمس تبرز من قفاه (أو من دبره) - أولاً يرى به عيوباً

e.g. You're never going to hear Maggie criticizing Jim. She thinks the sun shines out his backside.

**under the sun** تحت الشمس أي في كل مكان

e.g. She seems to have an opinion on every subject under the sun.

**supper****sing for your supper** (تعبير قديم)

تقوم بخدمة لشخص نظير ما أدى لك من خدمات  
e.g. Dan's upstairs fixing my computer. I'm making him sing for his supper.

**sure**

قول تؤكد به تصميمك على ذكرة  
**sure as hell**  
e.g. I sure as hell wish I'd never asked him to my house.

قول تقصد به الموافقة على أداء خدمة طلبها منك شخص آخر - طبعاً مؤكداً  
**sure thing**

e.g. Can you give me a ride tomorrow morning? "Sure thing-no problem."

**as sure as eggs (are/is eggs)** كما هو متوقع

e.g. It's a sure thing she'll buy the most expensive jacket in the store.

**surface****scratch the surface** معاملة سطحية لموضوع

e.g. Up to now newspaper articles have only scratched the surface of this

tremendously complex issue.

**swath**

**cut a swath/swathe through sth**

تسبب الموت والدمار في منطقة

e.g. Violent electrical storms cut a swath through parts of the South yesterday.

**swear**

**swear blind**

**swear up and down**

**swear black and blue** تحلف على صحة ما تقول وخصوصاً إذا تشكك المستمع

e.g. If I ask her I know she'll swear blind she locked the door.

e.g. He swore up and down that he'd never seen the letter.

e.g. He swore black and blue he had nothing do with the missing money.

**sweat**

**by the sweat of your brow**

يعرق الجبين ، بالمجهود المُضنى

e.g. A decent hard-working man, he supported his family by the sweat of his brow.

**don't sweat it!** لا تقلق!

e.g. Don't sweat it. We've got plenty of time to get there before the show starts.

**in a (cold) sweat** يتصبب عرقاً (خوفاً أو قلقاً)

e.g. I dreamed I'd left the tickets at home and woke up in a cold sweat.

**sweep**

**sweep sth under the carpet**

تحاول إخفاء مشكلة أو تعمل على بقائها سرّاً

**sweep sth under the mat/rug**

e.g. The evidence was on film and the police couldn't just sweep it under the rug.

**sweet**

**sweet Fanny Adams**

**sweet F.A.**

طريقة غير مهذبة لقول

(fuck all = F.A.) لم تريح شيئاً، لم تكسب شيئاً

e.g. And what did we get for all our hard work? sweet F.A.!

**sweet nothings** كلام رومانسي يتبادله المحبون

e.g. He was leaning across the table, whispering sweet nothings in her ear.

**a sweet deal**

عقد أو اتفاق ناجح

e.g. It's a sweet deal for the companies who get these franchises.

**a sweet tooth**

يميل إلى أكل السكريات

e.g. It's things like chocolate and cake that I can't resist. I've got a real sweet tooth.

**cop it sweet**

تصيبك ضربة حظ غير متوقعة

e.g. We copped it sweet this afternoon.

The boss went home early.

**keep sb sweet**

تتملق شخصاً منتظراً منه

مساعدة أو معاملة طيبة - المعاملة الطيبة

e.g. I like to keep the neighbours sweet in case we have to borrow a ladder or something from them.

**sweet-talk**

**sweet-talk sb into doing sth**

تقوم بإغراء شخص لعمل شيء مستعملاً حلو الكلام

e.g. Don't let him sweet-talk you into staying the night.

**swing**

**swing both ways**

يكون منجذباً جنسياً للرجال والنساء

e.g. I've seen her out with men as well. She swings both ways, you know.

**get into the swing of it/things**

يتعرف على أصول اللعبة والعمل ويستمتع بممارسته

e.g. I was just getting into the swing of things when they transferred me to another department.

go with a swing يسير على خير ما يرام

e.g. A traditional jazz band-now that would help your party go with a swing.

swings

it's swings and roundabouts

what you lose on the swings. You gain

on the roundabouts. تارجع ما بين المكسب

والخسارة، تكسب من ناحية وتخسر من الأخرى

e.g. If you make more money, you have to pay more tax, so what we gain on the swings, we lose on the roundabouts.

sword

a sword of Damocles hangs over sb's head

a sword of Damocles hangs over sb

سيف مسلط، خطر مُحدد (تعبير أدبي)

e.g. You live with this sword of Damocles hanging over your head knowing that you carry the virus for a deadly disease.

swords

beat/turn swords into ploughshares

يوقف الاستعدادات للحرب ويتجه للإصلاح  
الداخلي للأمة (تعبير رسمي)

e.g. It would have been unrealistic to expect a country like United States to turn swords into ploughshares the moment the cold war ended.

cross swords with sb

يختلف مع ، يدخل في عراك أو جدال مع

e.g. We don't always agree, in fact I've crossed swords with her several times at committee meetings.

system

get it out of your system

يطرد الهموم أو المخاوف عن نفسه ، يفضفض (ع.م)

e.g. There's a lot of anger in me and I have to do something to get it out of my system.

systems

all systems go

كل شيء جاهز لأداء عمل ما - كله تمام (ع.م)

e.g. We've just got to get the software put in place and then it's all systems go.