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| --- | --- |
| not go to bed at normal time | stay up |
| not show one’s feelings | bottle up |
| tell sb. to stop being miserable | cheer up |
| admit you did sth. | own up |
| destroy sth. with an explosion | blow up |
| hit or kick to hurt sb. | beat up |
| wash and look presentable | freshen up |
| wear smart clothes | dress up |
| can’t tell the difference | mix up |
| improve knowledge of sth. | brush up |
| twist the face to show disapproval | screw up |
| give sb. help and support | back up |

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| make sth. stricter | tighten up |
| appear unexpectedly | crop up |
| discover a secret | dig up |

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| --- | --- |
| ask sb. out | invite out |
| divide sth. among others | share out |
| be noticeable | stand out |
| distribute sth. | hand out |
| order sb. out in anger | throw out |
| open a blanket and on a surface | spread out |
| not keep a promise | back out |
| discover sth. you didn’t know | find out |
| tell sb. to be careful | look out |
| choose sb. or sth. | pick out |
| put a line through a mistake | cross out |
| make a loud noise of pain or fear | cry out |

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| leave a place in a bad temper | storm out |
| lose consciousness | pass out |
| start suddenly laughing or crying | burst out |