Word Quest 3

List 19 · Moving and doing 2

Vocabulary and example	Write it

lean v. /liːn/

to bend your body towards something, or rest against it

Family: leans · leaned/leant **Use it with:** lean against · lean forward

Don't **lean** on the door; it's not locked.

leap v./n. /liːp/

to jump high or far

Family: leaps · leapt/leaped **Use it with:** a leap year · leap at **Tip:** A "leap year" has 366 days.

The cat **leapt** onto the table.

lightly adv. /ˈlaɪtli/

gently, with little force

Family: light (adj.) **Use it with:** sleep lightly · travel lightly

She touched my arm **lightly**.

pat v./n. /pæt/

to touch gently several times with your flat hand

Family: pats · patted **Use it with:** pat someone on the back

He **patted** the dog on the head.

poke v. /pəʊk/

to push something with your finger or a stick

Family: pokes · poked **Use it with:** poke fun at

My brother **poked** me in the ribs.

rid v. /rɪd/

to remove something you don't want

Family: rids · rid **Use it with:** get rid of **Tip:** Almost always "get rid of".

How can we get **rid** of these ants?

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Vocabulary and example	Write it

rip v. /rɪp/

to tear something quickly

Family: rips · ripped **Use it with:** rip open · rip off

I **ripped** my jeans on the fence.

roam v. /rəʊm/

to walk or travel with no special plan

Family: roams · roamed **Use it with:** roam around

Goats **roam** freely on the hills.

seek v. /siːk/

to look for; to try to get

Family: seeks · sought **Use it with:** seek help · hide-and-seek

Many young people **seek** jobs in big cities.

sigh v./n. /saɪ/

to breathe out loudly because you are sad, tired or relieved

Family: sighs · sighed **Use it with:** a sigh of relief

She **sighed** and closed her book.

slam v. /slæm/

to close something very hard and loudly

Family: slams · slammed **Use it with:** slam the door

He **slammed** the door and left.

snap v. /snæp/

to break suddenly with a sharp sound; also, to speak angrily

Family: snaps · snapped **Use it with:** snap at someone · snap your fingers

The pencil **snapped** in two.

Vocabulary and example	Write it

squeeze v. /skwiːz/

to press something hard

Family: squeezes · squeezed **Use it with:** squeeze juice · squeeze in

Squeeze the lemon over the fish.

suck v. /sʌk/

to pull liquid or air into your mouth

Family: sucks · sucked **Use it with:** suck through a straw

The baby **sucked** milk from a bottle.

surround v. /səˈraʊnd/

to be all around something

Family: surrounds · surrounded · surroundings (n.) **Use it with:** be surrounded by

Mountains **surround** the village.

tilt v. /tɪlt/

to move into a position where one side is higher

Family: tilts · tilted **Use it with:** tilt your head

Tilt your head back a little.

toss v. /tɒs/

to throw something lightly

Family: tosses · tossed **Use it with:** toss a coin · toss and turn **Tip:** Toss and turn means move around in bed, unable to sleep.

Toss me the ball!

transfer v./n. /ˈtrænsfɜː/

to move someone or something from one place to another

Family: transfers · transferred **Use it with:** transfer to · bank transfer

I **transferred** money to my friend by phone.

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