Word Quest 4

List 19 · Moving and doing 2

Vocabulary and example	Write it

pinch v./n. /pɪntʃ/

to press skin tightly between your finger and thumb; also, a very small amount

Family: pinches · pinched **Use it with:** a pinch of salt

My sister **pinched** my arm.

pound v./n. /paʊnd/

to hit something hard many times; also, a unit of money or weight

Family: pounds · pounded

Rain **pounded** on the roof all night.

proceed v. /prəˈsiːd/

to continue; to go forward

Family: proceeds · proceeded **Use it with:** proceed with

Please **proceed** to gate 12.

12

pursue v. /pəˈsjuː/

to follow or chase; also, to try to achieve

Family: pursues · pursued · pursuit (n.) **Use it with:** pursue a dream

She wants to **pursue** a career in law.

release v./n. /rɪˈliːs/

to set free; also, to make a film or song public

Family: releases · released

They **released** the bird into the forest.

restore v. /rɪˈstɔː/

to bring something back to its earlier good condition

Family: restores · restored · restoration (n.)

Workers **restored** the old temple.

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Vocabulary and example	Write it

retain v. /rɪˈteɪn/

to keep

Family: retains · retained

Clay **retains** water well.

rotate v. /rəʊˈteɪt/

to turn around a centre

Family: rotates · rotated · rotation (n.)

The Earth **rotates** once a day.

scatter v. /ˈskætə/

to throw or spread things in different directions

Family: scatters · scattered

She **scattered** seeds over the garden.

scrape v. /skreɪp/

to remove something by rubbing with a hard edge

Family: scrapes · scraped

Scrape the ice off the car window.

seize v. /siːz/

to take hold of something suddenly and firmly

Family: seizes · seized **Use it with:** seize the chance

The thief **seized** her bag and ran.

shift v./n. /ʃɪft/

to move or change position; also, a period of work

Family: shifts · shifted **Use it with:** a night shift

The wind **shifted** to the north.

Vocabulary and example	Write it

sneak v. /sniːk/

to go somewhere quietly and secretly

Family: sneaks · sneaked/snuck **Use it with:** sneak out

We **sneaked** into the kitchen for a snack.

strike v./n. /straɪk/

to hit; also, when workers stop working to protest

Family: strikes · struck **Use it with:** on strike

Lightning **struck** the tower.

stroll v./n. /strəʊl/

to walk slowly for pleasure

Family: strolls · strolled **Use it with:** go for a stroll

We **strolled** along the beach.

stumble v. /ˈstʌmbl/

to almost fall while walking

Family: stumbles · stumbled **Use it with:** stumble upon

I **stumbled** on the stairs.

trace v./n. /treɪs/

to find the origin of something; also, a very small amount or mark

Family: traces · traced **Use it with:** without a trace

The police **traced** the call.

tremble v. /ˈtrembl/

to shake because you're cold, afraid or excited

Family: trembles · trembled

Her hands **trembled** as she opened the letter.

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Vocabulary and example	Write it

vibrate v. /vaɪˈbreɪt/

to shake very quickly with small movements

Family: vibrates · vibrated · vibration (n.)

My phone **vibrated** in my pocket.

wander v. /ˈwɒndə/

to walk around without a clear direction

Family: wanders · wandered **Tip:** Don't confuse with "wonder" (to think about).

We **wandered** around the old town all afternoon.

wreck n./v. /rek/

a badly damaged ship, car or plane; or to destroy

Family: wrecks · wrecked

Divers explored the **wreck** of an old ship.