

Many two-word phrasal verbs can be used alone as complete sentences or commands in English. It is important to understand them because they are used so often in English. It is also easy to use them because they are so short! Please note that a few of the expressions below are considered impolite or rude and have been marked as such.

Note: A phrasal verb is a verb plus an adverb and/or preposition. It has a different meaning than when the verb is used alone. There are thousands of phrasal verbs in English, most of which are used as part of a sentence.

V	Phrasal Verb	Meaning
	Back away!	move backwards, away from something frightening or dangerous
	Back off!	(slang – rude) stop bothering or threatening someone
	Back up!	move backwards; step backwards; drive backwards
	Bear down!	push or press down hard
	Bend down!	lean over and forward; lean down
	Bend over!	lean forward from the waist
	Breathe in!	take a breath in; take air into the lungs
	Breathe out!	take a breath out; push air out of the lungs
	Brighten up!	be cheerful; be happier
	Buckle down!	start working, studying, or doing something else seriously
	Buddy up!	find a partner
	Bugger off!	(slang – rude) Go away!
	Butt out!	(slang – rude) don't interfere
	Buzz off!	(slang – rude) Go away!
	Calm down!	relax, don't be angry, don't be upset, don't be worried
	Carry on!	keep doing what you were doing
	Cheer up!	be happier; don't be sad
	Chill out!	relax; don't be upset or angry
	Clean up!	clean yourself or your surroundings
	Close down!	close a shop or business so it is not operating
	Come back!	return to where you were
	Come down!	move down off something high come south
	Come on!	(encouraging someone) do what I am telling you to do (not believing someone) I don't believe you (rushing someone) move faster
	Come in!	enter a closed space
	Come out!	leave a closed space
	Come over!	come to my house; come to where I am
	Come up!	move to a higher place
	Cool down!	Relax; don't be upset or angry

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$\overline{\mathbf{A}}$	Phrasal Verb	Meaning
	Cover up!	put on more clothes
	Double up!	form pairs because space or resources are limited
	Dream on!	(slang) I don't think what you have just said will happen
	Drink up!	finish your drink
	Eat up!	finish your food
	Fess up!	(slang) confess / admit what you did; tell the truth about what you did
	Finish up!	finish what you have been doing
	Fuck off!	(slang – very, very rude) Go away!
	Gather around!	make a group and come together in one place
	Gear up!	get ready to do something
	Get away!	move away; run away; escape
	Get down!	come down from a high place
	Get in!	go inside something, like a car or bus
	Get off!	go out of something, like a bus or train
	Get on!	climb on board something moving or about to start moving, like a train
	Get out!	(slang – rude) Leave this place! (used when angry at someone)
	Get up!	become awake; don't sleep
	Give up!	stop doing what you're doing give yourself to the police or authorities
	Go around!	move to where you need to go by passing some obstacle instead of going straight
	Go away!	leave the place where you are
	Go back!	return to where you were
	Go on!	continue what you were saying
	Grow up!	behave in a mature way; don't act like a child
	Hang on!	wait hold tight
	Hang up!	end the phone call
	Hold on!	wait hold this tight or you might fall
	Hurry up!	do whatever you are doing quickly, whether it's physical or mental
	Keep away!	stay away; do not go near
	Keep out!	stay outside; do not enter
	Lace up!	tie your shoelaces; put on your shoes
	Lay off!	(slang – rude) stop doing something that bothers someone
	Lie down!	put your body in a horizontal position; relax on a bed or sofa
	Lighten up!	cheer up; don't be so serious or worried
	Line up!	make or form a line
	Listen up!	listen carefully
	Loosen up!	(slang) relax; don't be so stressed

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V	Phrasal Verb	Meaning
	Move along!	keep moving; don't stop in this spot
	Move back!	move to a place in the back
	Move forward!	move to a place in the front
	Move on!	continue your life; go on with your life
	Open up!	Open the door!
	Perk up!	cheer up; don't be sad
	Press on!	keep doing what you need to do; don't give up
	Pull back!	move backward
	Quieten down!	stop being noisy
	Queue up!	Make or form a line
	Saddle up!	Get ready to ride a horse by putting the saddle on the horse
	Scoot over!	(slang) move to make space for someone else
	Stand up!	stand
	Shut up!	(slang – rude) be quiet; stop talking
	Sit down!	sit; be seated
	Sit up!	sit straight in your chair, bed, etc.
	Smarten up!	become more intelligent and aware of what's happening around you
	Speak up!	talk louder
	Speed up!	move faster
	Stand up!	stand
	Stay away!	don't go near
	Straighten up!	stand straight; do not bend
	Stretch out!	lie down comfortably
	Sum up!	summarize
	Take off!	leave fast
	Tidy up!	clean the place; put things in the right places
	Turn back!	go backwards
	Turn over!	move your body so that the other side faces up
	Wait up!	wait for me to catch up with you
	Wake up!	don't sleep anymore; become awake
	Walk away!	leave a difficult situation
	Walk out!	leave a situation because you do not approve of something leave someone (leave a relationship)
	Watch out!	be very careful
	Work away!	continue working
	Write back!	reply to a letter or email

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