

**Catch Word #129 – She knows it like the back of her hand****Transcript**

Maura: Hello everyone! This is Maura.

Harp: And Harp.

Maura: And we are here with another Culips English episode for you.

Harp: Yes. And make sure you check out our website, Culips.com. That's C-U-L-I-P-S.com. Because there you can sign up and become a member. And when you're a member, you have access to the Learning Materials. And for each episode you get a complete transcript, detailed explanations, and even a quiz.

Maura: That's right. So, if you haven't already signed up, you can go to our website. And you can actually see a sample if you're curious.

Harp: And remember, we're on Facebook, so come on over and say hi. And if you have a question related to English, leave it there and Maura, myself, or our lovely editor Jessie will respond to you.

Maura: That is right. Now, today we're going to do a Catch Word episode. We haven't done one in a few weeks.

Harp: Yup. I'm sure you've all been missing these, but we're back with one.

Maura: And a Catch Word episode is when we look at a certain expression, we explain how to use it, what it means, and we talk about other related expressions as well.

Harp: Yes, so let's get started.

Maura: Great. Today we're going to look at expressions that are related to knowing something very well. So we use today's expressions when we have a really good knowledge of something.

Harp: All right. The first expression is ***to know it like the back of your hand***.

Maura: That's right. ***To know something, or to know it, like the back of your hand***. Now, have a look down at the back of your hand right now. Looks familiar? I'm sure that you know it very well. You probably see it every day. This expression is used to talk about something that you know very well, just as well as you know the back of your hand.

- Harp: Yeah. When you know something very well, you can say that you **know it like the back of your hand**.
- Maura: You know, Harp, I'm kind of a **freckly** person, and I even have little **freckles** on my hand. And you'd think that I wouldn't really be able to notice if I got a new one, but I can. A few times in my life, I've looked down and I think, "Oh, I've never seen that little brown **freckle** before. I guess I got a new one!"
- Harp: That's interesting!
- Maura: So, anyways, **all that to say** I know the back of my hands very well.
- Harp: Yes. This expression, **to know it like the back of your hand**, it means that you know something very well, you're very comfortable with it. You know it.
- Maura: That's right. Now we're going to give you a couple of examples with this expression. Ready Harp?
- Harp: Let's do it.

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|--------|--|
| Harp:  | Hey! Welcome to San Francisco!   |
| Maura: | Thanks. I'm so excited to be here. It's my first time.   |
| Harp:  | I'm really excited to show you the city, too. It's a great city.   |
| Maura: | Aw yeah. Thank you so much for taking some time off work and <b>showing me around</b> .                                      |
| Harp:  | Hey, no problem. I've been living here for a while so I'm happy to say I <b>know this city like the back of my hand</b> now. |
| Maura: | Cool.  |

- Maura: So in the example we just listened to, one person arrives in San Francisco and the other person is going **to show her around**. The person who lives in San Francisco **knows the city like the back of her hand**, which means that she knows it very well. She knows how to get around. She knows where to take people. She knows what sites to see. This person has a very deep knowledge of the city.
- Harp: Yeah. It's nice when you **know a city like the back of our hand**. You can take people to all the cool places where the tourists don't go.

Maura: It's true. When I first moved to Montreal, I definitely didn't really know where I was going. I would take the subway and kind of **get spit out** somewhere and I didn't know where I was in relation to anywhere else. But now I could say that I **know most parts of Montreal like the back of my hand**.

Harp: Me too, except for I get lost often still. I just have a really back **sense of direction**.

Maura: OK. Let's give another example with **to know something like the back of your hand**.

Harp: So, is Jim all ready for the play this weekend?

Maura: Well, I think so. He's been practising night and day and he seems **to know his part like the back of his hand** now. So, I guess he just has to put on the show and keep the energy going all weekend.

Harp: Yep. I hope he doesn't get **stage fright** and forget all of his lines.

Maura: Be sure to tell him to **break a leg** before he goes on.

Harp: I will.

Maura: So, in that example, we were talking about Jim and Jim **knows his part in the play like the back of his hand**, which means he knows it very, very well.

Harp: Yeah. This expression is used often for actors or actresses because they have to memorize the lines. They really have to **know the lines like the back of their hand**.

Maura: Yeah. You do really have to know it well when you're putting on a show.

Harp: Let's move on to the next expression.

Maura: All right. The next expression is **to know something inside out**.

Harp: Yes. **To know something inside out**.

Maura: It's like, again, saying that you know something very well. A person knows the inside and the outside of a certain thing, which means, really, that this person knows every side and part of it.

Harp: Yeah. **To know something inside out** means you know all of the little parts of it, you know the inside, you know the outside. You know it.

Maura: Right. All the little details. You have detailed knowledge of something.

Harp: Let's give an example with this expression.

Harp: How'd you like the football game on Sunday?

Maura: Well, it was OK, but to be honest, I don't really know the rules, so it was kind of boring.

Harp: Oh no! I **know the rules of football inside out**. Next time I'll explain them to you before you go.

Maura: OK. If there is a next time.

Harp: Maybe we'll go together next time.

Maura: OK.

Maura: And there was an example of someone who **knows the rules of football inside out**, which means they know all of the rules. They know the game very, very well. They have a very good knowledge of it.

Harp: Yup. And this is a real example for me, because I watched cricket when I was in India and I had no idea what was going on. But my cousin was explaining it because he **knows the rules inside out**.

Maura: Also, there's a very slight variation on this expression that you might hear and that you can use. Instead of saying **to know something inside out**, you might also say **to know something inside and out**. So you can also hear the expression with *and*. **To know something inside and out**.

Harp: Yes. Let's give another example, but with **to know something inside and out**.

Maura: Hello?

Harp: Hi Hanna. How are you?

Maura: Oh, I'm good. How are you?

Harp: I'm really good, but I need a little favour.

Maura: OK. Sure.

Harp: Well, **a little birdie told me** that you **know Excel inside and out**.

Maura:	I do know it pretty well. I took some pretty intense classes when I was in school.
Harp:	Do you think maybe you could help me tomorrow night? I have to do a spreadsheet for work.
Maura:	Yeah, yeah. No problem. Do you want me to come over at around 7:00 or something?
Harp:	That would be amazing. Thank you so much.
Maura:	No problem. See you there.

Maura: So there was an example where one person knew something very well. In this case, Hanna knew how to use **Microsoft Excel**. And wouldn't we all like to know how to use **Microsoft Excel** a little bit more?

Harp: Yeah. **Excel** seems like you can do so many cool things with it, but I just do such basic spreadsheets with it. I don't even use formulas.

Maura: That's one thing that I wish I could remember from high school. I took a computer class and I learned how to do some formulas in **Excel** and now, of course, years later, I completely forget everything.

Harp: Yeah. I think I might ask to take an **Excel** class at work.

Maura: Yeah. That's a good idea. Then you can teach me.

Harp: Good plan.

Maura: All right. Now another thing about this expression is we can also use an expression like ***to know something front to back*** or ***to know something front and back***. We'll include more information about this in our Learning Materials.

Harp: Yeah. So go to the website and sign up and become a member.

Let's move on to our next expression.

Maura: Right. The next one, I have a feeling, a lot of our listeners might already know. It's a real classic if you've ever taken an ESL class.

Harp: Yeah, it is. The last expression is ***to know something by heart***.

- Maura: Right. **To know something by heart.** And of course this expression means that you know something very, very well. In this case, it means that you know something so well that you have it memorized. So you know something very, very specific.
- Harp: Yeah. You know it very well and you've actually memorized it.
- Maura: Do you know the origin of this expression?
- Harp: I don't. But I'm very excited to find out what it is.
- Maura: Well, in the past, a long time ago, people believed that the brain, or where we kept all our knowledge, was not in the head but it was in our heart. So that's why people said **to know something by heart**, because they thought that's where we kept all our knowledge, in the heart.
- Harp: Wow. I think that is one of my favourite origins of an expression. That is really interesting.
- Maura: Yeah. It's pretty cool.
- Harp: It really is.
- Maura: Now, we're going to give you a couple examples with **to know something by heart**. And remember, this one's a little bit different from the first expressions because it's about knowing something very, very specific, so much so that you have it memorized.
- Harp: All right. Let's give an example with this.

- |        |  |
|--------|--|
| Maura: | Hey! Have you heard Celine Dion's new album? I just got it last night. |
| Harp:  | Of course I have. I love it! I bought it, like, 3 weeks ago.           |
| Maura: | Oh wow. You're so <b>hardcore</b> .                                    |
| Harp:  | I am. I <b>know all the words to all her songs by heart</b> .          |
| Maura: | Wow. You must be one of her biggest fans.                              |
| Harp:  | I think I am.  |

- Maura: In that example, we had two fans of Celine Dion and one person was such a fan that she **knew Celine Dion's music by heart**.
- Harp: Yeah. This super fan had memorized all the words to all of Celine Dion's songs.

- Maura: Now we have to say, the reason we decided to do an example about Celine Dion is because she is from Quebec and that is the province where we podcast from.
- Harp: Yup. I am a fan of Celine Dion, but not the biggest fan, and I don't know if she has an album coming out any time soon.
- Maura: Yeah. I'm not really a big fan of hers, but I do have to admit that her voice is amazing.
- Harp: Amazing. I wish I could sing like that.
- Maura: Me too. All right, let's give you one more example with **to know something by heart**.

- Harp: I really hurt my leg.
- Maura: Oh, what happened?
- Harp: I just banged it into something and it's really hurting right here. You know, this part right here.
- Maura: Well let me have a look. Oh! That's your **tibia**.
- Harp: How do you know that?
- Maura: Actually, I had to learn it **by heart** in elementary school and I've never forgotten all the bones in the body.
- Harp: Smart girl. Either way it really hurts! What should I do?
- Maura: I just know what it's called. I don't know how to fix it.
- Harp: OK.

- Maura: And there was an example where another person knew something very well. This person knew all the bones in the body. She **knew the bones in the body by heart**.
- Harp: Yup. She had all of the names of all of the bones in the body memorized.
- Maura: All right. Let's go over the expressions we looked at today one last time.
- Harp: OK. Well, we started with **to know it like the back of your hand**.
- Maura: Right. And then we talked about **to know it inside out** or **inside and out**.
- Harp: And the last expression was **to know something by heart**.

- Maura: That's right. And if you want to **know all these expressions by heart**, you should definitely think about becoming a member, because when you're a member, it only deepens your learning and experience with this episode. So go to our website and check it out.
- Harp: Yup. And the website is Culips.com. That's C-U-L-I-P-S.com.
- Maura: And if you're on Facebook, don't forget to come on over and say hi to us there. We love hearing from you.
- Harp: We definitely do.
- Maura: So, we will be talking to you again so soon. Goodbye for now.
- Harp: Goodbye.



## Detailed Explanation

To know something like the back of your hand

**To know something like the back of your hand** means to be so familiar with it that it is as recognizable to you as the back of your own hand. There is no special significance to the phrase being about the back of your hand instead of the palm of your hand, or even your foot, it is just describing something that you see every day. Since you see the back of your hand every day, you are very knowledgeable about it. So if you **know something like the back of your hand**, you know it very well and are very knowledgeable about it.

In this episode, Maura tells Harp that when she first moved to Montreal, she did not know her way around the city very well, but now she **knows it like the back of her hand**. What Maura means is that she is now very familiar with Montreal, and the city seems as familiar to her as the back of her own hand does.

Here is another example of **to know something like the back of your hand**:

Andy: How did your history exam go?

Jamal: Really well, actually! I think I'm going to get a good grade!

Andy: I thought you said that you were having a hard time with that class?

Jamal: Yeah, I did. The stuff about the 18<sup>th</sup> century was really difficult to remember at first. But I kept studying and studying, and now I **know that part of history like the back of my hand**!

Andy: Good for you! I'm glad all your hard work paid off.

### A freckle

**Freckles** are small, light brown spots on a person's skin. They're usually genetic, meaning that they are passed down from parent to child. A lot of times, you will see **freckles** on people who have red or reddish hair.

In this episode, Maura uses the word **freckly** to describe her own skin. **Freckly** means having a lot of **freckles**. Maura has reddish brown hair and so she has a lot of **freckles**.

Sometimes, someone who isn't born with **freckles** develops a few **freckles** as they get older. This is because the sun can actually give people **freckles**.

Here is another example with the words **freckles** and **freckly**.

Connor: I never noticed you have **freckles** on your hands.

Sally: In the winter I normally don't, but the sun brings them out. You're very **freckly** yourself!

Connor: Yes. I'm Irish and I have red hair. Most people who have red hair have **freckles** too. I've been **freckly** since I was born.

All that to say

**All that to say** is a phrase usually used near the end of a conversation or after you've said a long list or a whole bunch of things. Basically it means *in summary* or *what I meant by saying all of that is...*. This expression is a way to tell someone that you said a whole bunch of things to make a certain point. Sometimes this expression is used after you've been talking about something that seems off-topic but isn't, so you want to direct the conversation back to the topic and tell the person how what you were just talking about is related to original topic.

In this episode, Maura uses the expression **all that to say** after she tells Harp about all of her freckles. She says a lot about her freckly skin and then says "**All that to say** I know the back of my hands very well." Maura is telling Harp that her story about her freckles was actually related to what they were talking about.

Here is another example with **all that to say**:

Hyogi: How was your weekend? You went to the parade, right?

John: Well, I was going to. Then my car wouldn't start, and as I went to call the mechanic to look at it, I tripped on my front stairs and sprained my ankle.

Hyogi: Oh wow! That's terrible.

John: Yeah. **All that to say**, I didn't make it out to the parade.

To show someone around

**To show someone around** means to guide someone around an area that you are familiar with but they are not. This could be a large area, like a city, or it could be a small area, like your house.

In this episode, Maura uses the expression **to show someone around** in a dialogue example. In the example, someone who knows San Francisco very well is going to give a person who is new to the city a tour. When you **show someone around**, whether around a large area like San Francisco or a smaller one like your school, you are giving them a tour and helping them become familiar with the place as well.

Here is another example with the expression **to show someone around**:

Khalid: Would you like to come over for dinner on Sunday? My wife and I are making a huge meal.

Sumit: That sounds great! You know, I've never actually been to your neighbourhood.

Khalid: Really? It's beautiful. Come over a bit early and I'll give you a tour of the neighbourhood.

Sumit: Really? I'd love that.

Khalid: Sure. Come over at 5:00 and I'll **show you around**.

Sumit: That sounds great. Thank you.

To get spit out

In this episode, Maura tells Harp about when she didn't know her way around Montreal very well, and she'd take the subway and **get spit out** somewhere. What Maura means by **to get spit out** is that she would get let out of the subway. When someone **gets spit out** of somewhere, it usually means that they get let out somewhere randomly, or they get let out somewhere without knowing where they are. **To get spit out** means to be let out somewhere, usually suddenly or unexpectedly.

Here are two more examples with **to get spit out**.

Darin: Did you make it to your interview on time?

Susan: No. I don't go north of the city very much, and the bus system really confused me.

Darin: Oh no. What happened?

Susan: Well, it was fine until the bus turned on to a street I wasn't familiar with. All of a sudden, the bus driver announced that it was the end of the bus line. I **got spit out** in a neighbourhood I've never been to before.

Darin: Well, I'm glad you found your way back! But I'm sorry that you missed your interview.

Susan: I ended up getting there. I just a bit late.

Truang: How was the rollercoaster? I was too scared to go on it!

Marilyn: It was really fun! The only problem is that it **spits you out** on the other end of the park when you're done.

Truang: You mean it doesn't bring you back to the place you started?

Marilyn: Yeah, it's sort of weird. But it was worth it. It was a very fun ride.

A sense of direction

If you have a good **sense of direction**, that means that you have a good idea of where you are all the time and don't get lost very easily. It means that you know which way is north and which way is south and you can get around even when you are not super familiar with the area you are in.

In this episode, Maura tells Harp that after living in Montreal for a while, she knows the city very well and can get around very easily. But Harp tells Maura that even though she's been in Montreal for a while too, she has a bad **sense of direction** and still gets lost. What Harp means is that even though she is familiar with Montreal, she still gets lost sometimes because she gets confused about which way is north, south, east, and west. Harp knows the neighbourhoods and streets, but because she doesn't know what direction she's going in sometimes, she may walk the wrong way down a street or turn left when she should supposed to turn right.

Here is another example with **a sense of direction**:

Tamara: Want to go to the underground food court for lunch?

Elzamar: Sure! If I can find it.

Tamara: Oh, it's super easy to find.

Elzamar: I know, but when I'm underground I have no **sense of direction**.

Tamara: Yeah. I guess it's hard when you don't have street signs or popular landmarks to guide you. Well, we can walk there together then.

Elzamar: That would be great, thanks.

### Stage fright

**Stage fright** is the fear of being on stage in front of an audience; the fear that actors get because the audience is staring at them. But this expression can also be used in everyday life to mean a fear of doing something in front of other people, whether it's a presentation or making a video to put on YouTube. **Stage fright** is sometimes called performance anxiety.

Sometimes, the term **stage fright** is used very casually to say that someone is nervous or anxious about doing something, usually in front of another person or other people.

Sometimes **stage fright** is used to explain why people act differently in front of others or in front of an audience. For example, someone might say that they had **stage fright** if they acted anxious and clumsy when they went out on a date with someone they really liked.

Here is another example with **stage fright**:

Beth: Hey, didn't you have to give a presentation for your science class today? How did that go?

Julio: Well, it should have gone really well. I had everything so organized. But it went horribly.

Beth: What happened?

Julio: I got up in front of the class and started shaking. My mouth got really dry and I could hardly speak. It was awful.

Beth: Oh no. Sounds like **stage fright**. But maybe nobody noticed.

Julio: I wish. But people were asking me if I was OK after I was done, so I think everyone noticed.

Beth: Oh no.

Julio: The teacher is letting me try it again next week though, so hopefully there will be no more anxiety!

Beth: Wow, that's really nice of your teacher!

Break a leg

**Break a leg** is an expression used mainly in the theatre or acting world, and it means good luck. Actors tell each other **break a leg** before going on stage. This sounds like they wish them harm, but they are actually wishing them well.

The origin of the phrase is not known for certain, but it is well known that in the theatre world, there is a superstition that wishing someone good luck would actually bring them bad luck. So the idea is that if you wish them bad luck, as in breaking a leg, they will actually have good luck. There is another theory that bowing, something that actors often do after performing, is a form of breaking a leg because a person bowing bends their knees, breaking the straight line of the leg. So if you are tell someone **break a leg**, you are telling them to bow after their performance because that means they did a good job. There are a lot of other theories as well, but nobody knows for sure where this phrase comes from.

Nowadays, **break a leg** is not only used in the theatre. It can also be applied to any situation in which someone is doing some kind of performance and you want to wish them luck.

Here is another example with **to break a leg**:

John: When is your job interview?

Sam: Tomorrow afternoon. I'm so nervous.

John: I'm sure you'll be fine. **Break a leg!**

Sam: Thanks, I could use the good luck. I'll call you after it's done tomorrow and let you know how it went.

To know something inside out

**To know something inside out** means to know it very well. When something is **inside out**, it means that the inner surface is on the outside. For example, if you turn a shirt **inside out**, so that the inside of the shirt is on the outside, you can see all the seams and the tags. *Inside out* literally means that what is supposed to be on the inside is now on the outside. When you **know something inside out**, you know it so thoroughly that you know every part of it, both its inside and its outside.

Imagine you're looking at a shirt. Looking at the outside of the shirt and studying it closely would give you a good idea about the shirt. But if you then turned the shirt inside out to look at the inside of the shirt, you would know even more about it than if you only looked at the outside. This is why the expression **to know something inside out** means to know something very, very well.

There are other variations of this expression, but they all mean the same thing. In this episode, Maura and Harp explain that sometimes people say **to know something inside and out**. The addition of the word *and* doesn't change the meaning of this expression. It still means the same thing.

Sometimes people also say **to know something front and back**, or **front to back**. This means the same thing as **knowing something inside out**. It means to know something so thoroughly that you are familiar with every part of it.

#### A little birdie told me

Saying **a little birdie told me** is a way of saying that you heard something from a secret source. This expression is usually used casually and playfully. Most often, people say **a little birdie told me** when they are either telling somebody a secret or something that they heard, but they can't say who gave them the information.

If you've been listening to Culips for a while, you may remember this expression coming up in other episodes. Most recently, it was discussed in the episode called *You'll Never Guess What I Got Wind Of*.

The exact origin of this expression is not very clear, but it's quite common in old stories and plays to have talking birds that give people messages. The expression may even have gotten its meaning from carrier pigeons, which were birds trained to bring messages tied to their feet from one place to another.

Here is another example with **a little birdie told me**:

Giuseppe: Why are you smiling at me like that?

Jose: Oh, no reason.

Giuseppe: Yeah right! What's up?

Jose: Well, **a little birdie told** me that you have a date tonight.

Giuseppe: What? Who told you that?

Jose: I can't tell you that! Is it true?

Giuseppe: Yes, and I'm so nervous!

Jose: You'll be fine, just be yourself and act natural.

#### Excel

**Excel** is a computer program made by Microsoft that is used for making spreadsheets. Spreadsheets are tables of data that have rows and columns, and are used mainly to organize financial or other mathematical data. There are usually calculations that each spreadsheet does with the data. For example, all numbers in one row could be added together, or multiplied by the numbers in next row, or subtracted from the numbers in another column, etc.

Spreadsheets are very helpful when you are making a budget for yourself or calculating multiple series of related data.

In this episode, we hear the name **Excel** when Maura and Harp give an example of the expression *to know something inside out*.



Here is another example with **Excel**:

Tomasz: Do you want to go out for dinner tomorrow night? There's a great new restaurant I want to try. Sort of expensive, but I heard it's worth it.

Jane: Expensive? No, I shouldn't. I'm really trying to budget my money and save up to buy a car.

Tomasz: Oh, good for you! Budgeting can be difficult:

Jane: Yeah. Actually, I'm having a really hard time tracking everything.

Tomasz: You should make a budget in **Excel**. It's way easier when all the calculations are done for you, and it's nice to see exactly where your money is going.

Jane: Oh, that's a good idea! I think that program is on my computer, I've just never opened it.

Tomasz: It's pretty easy to use. I can teach you how to use some basic functions on the weekend.

Jane: That would be great. Thanks!

### To know something by heart

**To know something by heart** means to know something so well that you have it memorized. This phrase comes from a very long time ago, when people believed that emotions and thoughts were all controlled or stored in your heart, not your brain.

**To know something by heart** is a very common expression and is used quite a lot in the English language when you have something memorized. To have something memorized means to know it so well that you can duplicate it or repeat it word for word.

Here is another example with **to know something by heart**:

Patrick: Do you want to play a board game tonight?

Trish: Yes! Let's play Settlers of Catan.

Patrick: OK, but I haven't played that in years. I forget the rules.

Trish: That's OK. I've played it so many times that I **know the rules by heart**.

Patrick: Ok, great. Let's play it then!

### Hardcore

**Hardcore** is an adjective that means devoted, committed, or dedicated to something. People often use this word casually to refer to people who are big fans of something or someone, like a musician.

Originally, the word **hardcore** was used for people who were fighting passionately for a certain cause or movement. The word **hardcore** refers to the building blocks or foundation of a house, and so the term was used for people whose beliefs were as solid or firm as the foundation of a house. Over time, this phrase has become popular for anyone who is very dedicated to something.

In this episode, Maura calls Harp **hardcore** in one of the examples. Maura calls Harp **hardcore** because Harp bought the Celine Dion album right when it came out, which means that she is a very dedicated and committed fan of this singer.

Here is another example with **hardcore**:

Jake: Are you coming out for lunch today? The whole class is going.

Julian: No, I'm going for a jog.

Jake: Again? You jogged during lunch yesterday.

Julian: Yeah. I'm trying to jog every single day now.

Jake: Wow, that's **hardcore**. Well, good for you. But we'll miss you at lunch!

### The tibia

**The tibia** is one of the two leg bones that go from your knee down to your ankle. The other one is the fibula. **The tibia** is the largest and strongest bone in the body, and is generally called the shin bone. When somebody bangs their shin against something, they are banging their **tibia**.

In this episode, Maura uses the word **tibia** in an example that her and Harp give of the expression *to know something by heart*. Maura tells Harp that she hurt her **tibia**, and Harp is very surprised that Maura knows the scientific name of this bone. This is because there are 206 different bones in the human body, so knowing the names of every bone, even if you are a native English speaker, is very difficult.



## **Quiz**

**1. What does it mean if you know something like the back of your hand?**

- a) You're not sure what the back of your hand looks like.
- b) You don't know it very well.
- c) It is a part of your body, like your hand.
- d) You know it very well.

**2. What are freckles?**

- a) expressions that have no known origins
- b) small brown dots on a person's skin
- c) noises similar to hiccups
- d) things that help you around a place, like maps

**3. What does it mean if you get spit out somewhere?**

- a) You are let out somewhere very suddenly or randomly.
- b) You get ejected from a helicopter.
- c) You have trouble speaking.
- d) You cannot find your house keys.

**4. What does it mean to have a good sense of direction?**

- a) You buy a map.
- b) You ask a friend to show you around somewhere.
- c) You know your way around even if you're not very familiar with the place.
- d) You get lost even if you are familiar with an area.

**5. What is stage fright?**

- a) when you get nervous in front of an audience
- b) when you don't know your way around an area
- c) when you get stuck on the subway or bus
- d) when you are late for an appointment

- 6. What does it mean if you tell someone *break a leg*?**
- a) You wish them luck.
  - b) You hope they will fail.
  - c) You hope they get lost.
  - d) You want them to go skiing with you.
- 7. What does it mean when someone says that a little birdie told them something?**
- a) They own a talking bird, like a parrot.
  - b) They know something, but can't say who told them.
  - c) They get stage fright very easily.
  - d) They have a bad sense of direction.
- 8. If someone is hardcore, what are they?**
- a) frightened and anxious
  - b) dedicated and committed
  - c) sad and tired
  - d) mean and hurtful

**Answers:**

1.d    2.b    3.a    4.c    5.a    6.a    7.b    8.b