



**WALK
'N'
TALK** #64
LEVEL UP





RISE AND SHINE!

Hello everyone!

In this episode of Walk 'n' Talk Level Up you learned new vocabulary and new expressions! Now you can continue studying, by checking out the dialogue, the expressions with written explanations, and by repeating all the sentences!

DIALOGUE

Lillian: ***Rise and shine***, sleepyhead!

Simon: Oh no, ***gimme*** five more minutes.

Lillian: You said that five minutes ***ago***!

Simon: I know, I'm just so tired.

Lillian: Didn't you sleep well?

Simon: Oh, I just didn't get enough sleep. I went to bed about 3 hours ago.

Lillian: Why would you do that?

Simon: It wasn't ***on purpose***! I got distracted by my phone.

Lillian: Well, you can sleep early today. Now ***up and at them!***



NEW EXPRESSIONS!

Rise and shine

An expression used to tell someone to wake up and get out of bed, to start the day and the daily chores.

Rise and shine, you've got a big day ahead of you!

Rise and shine! It's past noon!

Gimme

"Gimme" is the informal spoken contraction of the words "give me". It's a linking sound, so common that it became translated into the written word, but only in informal settings or in texts with friends. The spoken version should also be used in informal situations, and depending on the intonation, can be a demand or a child-like request.

I need my screwdriver for this, it's right next to you. *Gimme* it.
Is that my new sweater? Take it off and *gimme* it!

Ago

It means "in the past", "a time before now". We use "ago" when we are referring to past time. For example, if something happened one year ago, it is one year since it happened. If it happened a long time ago, it is a long time since it happened..

The dinosaurs went extinct a long time *ago*.
I moved here five years *ago*.



On purpose

“Purpose” can have a variety of meanings, but when paired with “on”, it means “intentionally”, “deliberately”, “consciously”, and it’s not an accident.

She is ignoring me *on purpose*.

I didn’t hit your car *on purpose*, it was an accident!

Up and at them

Usually written and spoken as “up and at ‘em”. It means “get going, get busy”. This colloquial and informal idiom, is often said as a command, using “at ‘em” (for “at them”) in the general sense of tackling a project, and not in reference to specific persons.

We have to be *up and at ‘em* by 7 AM tomorrow morning.

Let’s go, move it, *up and at ‘em*.

Listen to this episode as many times as you want, and follow it up with this file. This way, you’ll be able to memorize all the expressions and vocabulary you’ve learned! You’ll also be able to use it in conversations in the future. And remember, the more contact you have with English, the better. So make sure to tune in for our next episode!