

## Body Idioms List with Meanings and Examples

Idiom / Phrase	Meaning	Example Sentence
achilles' heel	someone's weakness	Vodka is his achilles' heel. He only loses his composure when he drinks it.
add insult to injury	worsen an unfavorable situation	She added insult to injury by picking her little brother's ice cream off the dirty floor and sticking it in his mouth.
all ears	listen carefully	Jane asked if I was paying attention. I told her, "I'm all ears!"
all thumbs	clumsy	I'm all thumbs today. I keep dropping my phone!
an arm and a leg	very expensive	That new car costs an arm and a leg.
apple of my eye	an adored person	My precious daughter is the apple of my eye.
break a leg	good luck	Before the final exam, the teacher told his students to break a leg.
bust my chops	say something insulting	She always busts my chops about my low salary.
by the skin of my teeth	barely or narrowly	I finished the test by the skin of my teeth just before the bell rang.
cold feet	being nervous or anxious before a big event	She got cold feet before the wedding.
cry your heart out	cry a lot	He cried his heart out when his dog died.
face the music	deal with unpleasant consequences	The man confessed to the crime and faced the music in prison.
flesh and blood	family	I can't fire my brother. He's my own flesh and blood.
freeze your buns off	be very cold	You will freeze your buns off in Antarctica.
get a head start	start before others	Don always gets a head start and wakes up at dawn.
get something off my chest	reveal or confess something	I felt better getting it off my chest by confessing that I stole the money.
give a cold shoulder	to deny or ignore	She gave him a cold shoulder when he asked for her phone number.

give a hand or lend a hand	help someone	Can you give me a hand with lifting this laundry machine?
have eyes in the back of your head	perceptive	You must have eyes in the back of your head. You always know what your boyfriend is doing when he's away.
have your head in the clouds	to be unaware or oblivious	You always have your head in the clouds. Do you have any idea what's happening?
head over heels	to be deeply in love	Sarah was head over heels for her new boyfriend.
in over your head	trying something that is much too difficult for one's ability	You're in over your head. You can't beat the computer at chess.
keep an eye on	watch carefully or take care of	Please keep an eye on the kettle. It will boil soon.
keep your chin up	stay positive	Keep your chin up. You will win the next game.
keep my head above water	have barely enough money to live	After my company went bankrupt, it was difficult to keep my head above water.
keep your lips sealed	promise to keep a secret	You must keep your lips sealed about your affair.
know by heart	memorize	Steve knows all of the computer code by heart.
let your hair down	relax and have fun	You should let your hair down on Saturday night and go dancing.
make my blood boil	make very angry	Donald makes my blood boil when he talks.
neck of the woods	nearby location	The restaurant is in my neck of the woods.
old hand	experienced person	Peter is an old hand when analyzing the stock market.
over my dead body	to do anything to prevent something from happening	My son wanted to get a face tattoo, but I told him over my dead body.
pat on the back	give recognition	You deserve a pat on the back for fixing the furnace.
play something by ear	let things occur without a rigid plan	Let's play it by ear and see what happens tonight.
pull your leg	tease or joke around	I'm just pulling your leg. Don't take it too seriously.
rule of thumb	general rule	As a rule of thumb, you should get 8 hours of sleep per night.

see eye to eye	agree	My wife and eye don't see eye to eye. We're getting a divorce.
stick your neck out	help someone despite possible consequences for oneself	You should stick your neck out for your teammate.
sweet tooth	love sweet things	Suzie has a sweet tooth. She always eats ice cream after dinner.
thick in the head	stupid or foolish	Tommy is so thick in the head. He keeps licking the wall.
tongue in cheek	not meaning what one is saying	When I said to fly to Hawaii, I was speaking tongue in cheek. I didn't actually think you would book a ticket!
under my thumb	under my control	Mick said the girl was under his thumb. She was the sweetest pet in the world.
wash my hands of something	stop dealing with a problem	I'm washing my hands of his troubled past and moving on with life.
water off a duck's back	a harmful remark that has no effect on someone	She insulted me but I didn't care. It was like water off a duck's back.