

## FOOT/FEET IDIOMS AND EXPRESSIONS

idiom	meaning	example
back on one's feet	healthy again after being unwell or have money after being in financial difficulties	Libby has a job; she'll be back on her feet in a few months.
don't let the grass grow under one's feet	hurry, act now, don't wait	Brian is a useless employee. We've lost so much business by him letting the grass grow.
drag one's feet/heels	be reluctant to do something, be deliberately slow	My son won't tidy his room, he's dragging his feet. I guess he doesn't want pocket money.
find one's feet	gain experience/ confidence	I've been in the country for a month, and I feel like I've found my feet
follow in one's father's footsteps	do the same job as your father	Nigel doesn't want to follow in his father's footsteps, he wants to be a pilot.
foot in mouth disease	say inappropriate/ insensitive things at the wrong time	Please don't let Andy speak to the clients, he's got foot in mouth disease.
foot the bill	pay for something	My generous parents have footed the bill. I am debt free.
get cold feet	get nervous and change one's mind about doing something	I didn't compete in the singing competition, I saw the audience and got cold feet.
get off on the wrong foot	begin a friendship badly	I always get off on the wrong foot with people. I think I come across a little arrogant.

idiom	meaning	example
have itchy feet	have a strong desire to move/travel	I've got itchy feet! I've outgrown my town and I need a new challenge.
have one's foot in the door	start working for a company in a low position in the hope of getting promoted	I'd love to get my foot in the door at Google.
have two left feet	you can't dance	Jasper asked me to the prom. I turned him down as he has two left feet.
jump in feet first	do something quickly without hesitating or panicking	Starting a new school is scary, jump in feet first and you'll be fine.
jump in with both feet	start doing something enthusiastically	Louis is a great addition to the team, he jumped in with both feet.
keep one's feet on the ground	remain calm and sensible after becoming successful	My multimillionaire dad still sees his school friends and drinks cheap wine. He keeps his feet on the ground.
land on one's feet	be lucky/successful especially in difficult times	After being rejected numerous times, Ollie has landed on his feet and works for Microsoft.
one foot in the grave	an old/sick person who will die soon	I caught pneumonia, I felt like I had one foot in the grave.
put one's best foot forward	attempt to make a good impression/try your best	The boss is coming to the office today, I'll put my best foot forward.
put one's feet up	stop working, sit and relax	You put your feet up and relax, I'll make the dinner.
put one's foot down	use authority to stop something from happening or accelerate in a vehicle	We are going to be late for the funeral! Put your foot down.

idiom	meaning	example
put one's foot in it	say or do something tactless	I'm afraid I'm going to put my foot in it and let slip about her surprise party.
shoe is on the other foot	the situation a has reversed	My brother used to beat me up. Now I'm 6 ft 3", the shoe is on the other foot.
six feet under	dead and buried	Alice is six feet under, she passed away recently.
stand on one's own two feet	be independent and not rely on others	It's time my kids moved out and stood on their own two feet. They're in their thirties.
wait on someone hand and foot	do everything someone wants	I stayed in a luxury hotel. They waited on me hand and foot.

