## 读后续写细节描写素材一：身体动作

**head**

He **hung / dropped / lowered / bent / bowed his head** in shame.

他羞愧地低下了头。

They **nodded their heads** in agreement.

他们点头同意。

She **shook her head** in disbelief.

她怀疑地摇摇头。

He **scratched his head**, not understanding a word.

他挠了挠头，一个字也听不懂。

scratch [skrætʃ]  v  抓；挠

She **buried her head** in the pillow.

她用枕头捂住脑袋。

She **rested her head** on his shoulder.

她将头靠在他的肩膀上。

His head **drooped**and tears fell into his lap.

他耷拉着脑袋，眼泪滴落在大腿上。

droop [dru:p] vi  低垂，垂落

I fell asleep as soon as my head **hit**the pillow.

我头一碰到枕头就睡着了。

He **put / held his head** in his hands, greatly annoyed.

他双手抱头，十分生气。

It never **entered my head** that he might be lying.

我从未想过他会是在撒谎。

I decided to go for a walk to **clear my head**.

我决定去走走，清醒一下头脑。

He could feel his head **spinning**after only one drink.

他只喝了一杯就觉得天旋地转。

spin [spin] v 旋转；眩晕

He turned and **headed for** the door.

他转身朝门口走去。

She stood up and **headed towards** the exit.

她起身朝出口走去。

**face**

A bright smile **appeared on / spread across / crossed his face**.

他的脸上露出了灿烂的笑容。

Her face **lit up / brightened / glowed** when I gave her the present.我给她礼物时，她的脸上焕发出了光彩。

His face suddenly **grew serious**.他的表情突然严肃起来。

His face **looked**a little **confused**.他看起来有点困惑

。  
Jack’s face **flushed / burned** with embarrassment.杰克窘得满脸通红。flush [flʌʃ]  v 发红；脸红

Her face **paled**with fright.她吓得脸都白了。

He **had a slight frown**on his face.他的脸上显出有点儿愁眉不展的样子。frown [fraʊn] n 皱眉

**cheek**  
He **rested**his cheek on her shoulder.

他把面靠在她的肩上。

He felt his cheeks **burning**with shame.

他因为羞愧而感到脸颊发烧。

Her cheeks **were wet with tears**.

她泪流满面。

**Color rushed / flooded / rose to her cheeks** when she realized she was being watched.

意识到有人在看她，她顿时涨红了脸。

A tear **slid down** her cheek.

一滴泪顺着她的脸颊滑落下来。

He kissed her **on both cheeks** and got on the train.

他亲了亲她的脸颊，然后上了火车。

**Eye**

His eyes **were wide with horror**.

他惊恐地瞪大了眼睛。

The dog’s hungry eyes **fell on** my sandwich.

 那条狗饥饿的眼神落在我的三明治上。

He **turned his eyes to** the door when he heard the handle turning.

听到门把转动的声音，他向门那边看去。

Tina **shut her eyes tightly**and bit her lip.

蒂娜紧闭上双眼，咬了咬嘴唇。

She **looked**her father **straight in the eye** and answered his question truthfully.

她直视父亲的眼睛，诚实地回答了他的问题。

He seemed unwilling to **meet my eyes**.

他似乎不愿意与我的目光接触。

His eyes **grew wide / widened** with horror at what she had done.

看到她所做的事，他惊恐地睁大了眼睛。

She laughed, her eyes **shining**with excitement.

她笑了，眼里闪烁着兴奋的光芒。

Her eyes**filled with** tears.

她的眼里充满泪水。

She tried to sit up, **her eyes fixed on Joan's face**.

她试图坐起来，目光紧盯着琼的脸。

His eyes **scanned**the room as he entered.

他进屋时眼睛扫视了整个房间。

Her eyes **dropped**to her lap as she answered.

她回答时垂下眼睛盯着腿。

Tears **blurred her eyes / vision**.

泪水模糊了她的双眼。

blur [blə:(r)]  vt 使变模糊

I felt tears **well up** in my eyes.

我感到泪水在眼里涌出来。

**Mouth**

She **opened her mouth** to say something.

她张开嘴要说什么。

He **covered his mouth** to hide his yawn.

他捂住嘴偷偷打了个哈欠。

Our mouths **dropped open** in surprise.

我们惊奇地张大了嘴。

My mouth **started watering** when I smelled the food.

闻到食物的香味，我开始流口水了。

His mouth **widened**to a smile.

他咧开嘴笑了。

Suddenly a hand **cupped**her mouth.

突然一只手捂住了她的嘴。

A smile **played around his mouth**.

他的嘴上挂着一丝笑意。

He straightened up and looked at me, **open-mouthed**.

他直起身，目瞪口呆地看着我。

My heart **was in my mouth** when I walked into her office.

我走进她的办公室时，紧张得心都到了嗓子眼。

She froze, **her mouth hanging open**.

她呆住了，嘴张开着。

**hand**

She **took the child’s hand** and helped him climb the steps.

她拉住孩子的手牵着他爬上台阶。

He**reached for her hand** and held it tightly.

他伸手抓住她的手并紧紧握住。

They walked along, **holding hands**.

他们手拉手并肩走着。

He **held**the key **in his hand**.

他手里拿着钥匙。

He **grasped**the rope **with both hands**.

他双手抓着绳子。

He **shook my hands** as if we were long lost friends.

他握住我的手好像我们是失散多年的朋友。

She smiled and **held out / reached out a hand** in welcome.

她笑着伸出一只手表示欢迎。

She **put her hands to her cheeks** in embarrassment.

窘迫之中她用双手捂住了脸。

Several students **raised their hands** to answer the question.

几个学生举手回答问题。

He **slid his hands into** his pockets.

他悄悄地将手插进口袋里。

She shrugged and **spread her hands**, "That’s all I can tell you."

她耸耸肩，摊开双手说：“我只能告诉你这么多了。”

Her hands **shook**as she lifted the glass to her lips.

她的手颤抖着把杯子送到唇边。

A strong hand **reached out** and caught hold of her arm.

一只有力的手伸了出来抓住了她的手臂。

I **cupped my hand** over the phone so they couldn’t hear me.

我用手捂住电话，免得他们听到我的话。

He sat **with his head in his hands**.

他双手抱头坐着。

They walked **hand in hand** along the path.

他们手拉手沿着小路走。

**leg**

She crossed the finish line **on tired legs**.

她用她那疲惫的双腿穿过了终点线。

He rose to his feet **on shaky legs**.他双腿颤抖地站了起来。

His **legs were so weak** that he could hardly stand.

他腿软的几乎站不住了。

She begins dancing,**kicking her legs**high in the air.

她开始跳舞，做了空中高踢腿动作。

After the accident he **had no feeling in his legs**.

事故过后，他的腿丧失了知觉。

The mud stuck to her boots, making her feet heavy and her **legs tired**.

她的靴子上沾满了泥，使她举步沉重，双腿疲惫不堪。

Jill **crossed her legs** and rested her chin on one fist, as if lost in deep thought.

吉尔盘着腿，一个拳头支着下巴，仿佛陷入了沉思。

He fell over this time, flat on his back with his **legs wide**.

他这次摔倒了，背部着地，双腿叉开。

She sank into an armchair and **crossed her legs.**

她坐到一把扶手椅上，跷起了二郎腿。

**foot**

He **got** shakily **to his feet**.

他颤抖地站了起来。

She **jumped to her feet**when she heard the news.当她听到这个消息时，她跳了起来。

She was **tapping / stamping her feet** impatiently.她不耐烦地跺着脚。

She **dragged her feet** as she reluctantly followed her parents.她不情愿地跟在父母后面，磨磨蹭蹭地走着。

My feet **slipped**as I was about to shoot and I missed the ball.当我正要射门的时候脚下滑了一下，一脚踢空。

They carried him out of the room **with his feet kicking**.他们把他拖出房间，他的脚在空中乱踢。

He shivered as his feet **touched** the cold floor.当他的脚一碰到冰冷的地板时，他哆嗦了一下。

He likes to**put his feet up** and watch TV when he gets home.当他回家的时候，他喜欢翘着脚看电视。