

Flexing  
炫耀

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**Feifei**

大家好！欢迎收听 BBC 英语教学的“地道英语”节目。我是冯菲菲。

**Roy**

...and me, Roy.

**Feifei**

我们可能听起来与以往有些不同，这是因为在新冠肺炎疫情爆发期间，我们无法在平时的录音间录制节目。

Roy! 你早上在聊天群里发的照片，我看到了！唉，我不知道你有一辆豪华跑车，还有一栋带大游泳池的豪宅。Roy, you need to stop flexing!

**Roy**

What do you mean ‘flexing’? I’m not exercising my muscles at all, right now!

**Feifei**

Not flexing your muscles, Roy. 我的意思是你在炫耀！“Flexing”这个词在现代英语中被用来描述某人大肆招摇、显摆，也就是我们常说的“爱炫耀的”。

**Roy**

I’m not showing off. I just want everyone to be aware of my amazing lifestyle! I’m thinking about getting some dolphins to go in my pool.

**Feifei**

Roy, 现在你可不光是在炫耀，你这是开始瞎编了！你压根就没有一辆跑车，也没有一个泳池，更没有一套豪宅。Not only do I think you’re flexing, but you’re totally exaggerating just to impress people!

**Roy**

Are you impressed?

**Feifei**

No, not at all. Anyway, let's listen to these examples.

**Examples**

He's always flexing on social media, - showing these glamorous pictures of his holidays!

People who flex are so annoying! It's just showing off.

She can't stop flexing about her new house, but it's actually not that nice.

**Feifei**

这里是 BBC 英语教学的“地道英语”节目。我们在这期节目中教给大家单词“flexing”在现代英语中的意思和用法。如果一个人在炫耀一些奇怪或俗气的东西的时候，其他人可能会用这句话来作出评论：“Weird flex, but OK.”

**Roy**

Well, I'm sorry if you think I was showing off. I just want people to think I'm cool! That's all.

**Feifei**

You don't need to flex for people to like you! Everyone already does think you're cool! It's because you're an amazing person like me. But, talking about amazing things: have you seen my new phone?

**Roy**

Weird flex, but OK.

**Feifei**

What? I didn't flex! Plus, why is it weird?

**Roy**

Well, it's not a cool phone. I've never even heard of the brand, and the colours look like someone vomited rainbows.

**Feifei**

Well, I like it. Wait, what are those car keys on your desk? Do you really have a sports car?

**Roy**

Of course, I do – and a mansion and a pool! The only reason I shared that photo was because I wanted to invite people to my house party!

**Feifei**

Really? Can I come to your party?

**Roy**

Sure, as long as you don't flex about that horrible phone.

**Feifei**

OK, I won't talk about my amazing phone. Bye, Roy.

**Roy**

Bye!