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- 关于台词的备注:
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Jiaying

Hello and welcome to Authentic Real English with me, Jiaying.

Rob

... and hello, I'm Rob.

Jiaying

Rob, are you excited about the big football match this weekend?

Rob

Oh, I am! Especially as my team – Manchesterpool FC United – are playing. They've had a great season, so they should win.

Jiaying

So, Rob, you think they'll win hands down?

Rob

Err, well, they are very good, but they won't be playing with their hands – just their feet. Otherwise, it'll be handball!

Jiaying

Rob, 足球比赛的规则我还是懂一些的! 我刚刚说“they'll win hands down”的意思是“你支持的球队将在周末的比赛中轻松获胜”。表达“win hands down”可以形容人们“毫不费力地取得胜利”。所以, 如果你支持的球队像你说的那么优秀的话, 那他们一定会“win hands down”。Good luck anyway.

Rob

It's not about luck. It's about skill. And my team has lots of it.

Jiaying

If you say so, Rob. Let's listen to some examples of 'win hands down', shall we?

Examples

After all the training you've done, you'll win the race hands down.

The competition was tough, but in the end, you won the chess tournament hands down.

We've prepared very well, so we should win the match hands down.

Jiaying

你正在收听的是 BBC 英语教学的“地道英语”节目。上面，我们给大家介绍了表达“win hands down”的意思和用法。这个表达其实挺形象的，如果一个人“win（获胜）”的时候“hands down”双手下垂，那可想而知赢得多么轻松。And Rob, hopefully your team will win hands down this weekend.

Rob

Yep, but without using any hands.

Jiaying

But hold on – haven't you heard? Your main player has twisted his ankle. He's out of the game.

Rob

Oh, no way! I was hoping he'd score a few goals. Maybe we won't win hands down after all. What can we say instead?

Jiaying

There are lots of win-related phrases, but the most suitable one for now is 'you win some, you lose some'. 胜败乃兵家常事。

Rob

Well, I hope this time, we win!

Jiaying

Good luck!

Rob

Bye-bye.