

Vocabulaire 1-3

Groupe 1

Mots à apprendre

Mot	Classe	Sens	Exemple en contexte
glide	v.	to move smoothly and effortlessly · glisser	<i>She glided across the ballroom floor.</i>
swerve	v.	to change direction suddenly · faire une embardée, dévier	<i>The taxi swerved to miss a cyclist.</i>
drift	v.	to move slowly, carried by a current · dériver, flotter	<i>The boat drifted out to sea.</i>
stroll	v.	to walk in a relaxed way · flâner, se promener	<i>They strolled along the riverbank.</i>
dash	v.	to run or move quickly · se précipiter	<i>He dashed across the road to catch the bus.</i>
hover	v.	to stay in the air in one place · planer, rester en suspens	<i>A drone hovered above the crowd.</i>
bustle	v.	to move busily and energetically · s'affairer, grouiller	<i>Waiters bustled between the crowded tables.</i>
tiptoe	v.	to walk quietly on one's toes · marcher sur la pointe des pieds	<i>She tiptoed past the sleeping baby.</i>
limp	v.	to walk unevenly because of injury · boiter	<i>He limped off the pitch after the tackle.</i>
shuffle	v.	to walk slowly, dragging the feet · traîner les pieds	<i>The old man shuffled to the window.</i>
whirl	v.	to spin round rapidly · tourbillonner	<i>The dancers whirled across the stage.</i>
plunge	v.	to move or fall suddenly downward · plonger, se précipiter	<i>She plunged into the icy water.</i>
trudge	v.	to walk wearily with heavy steps · marcher péniblement	<i>They trudged home through the mud.</i>
amble	v.	to walk at a slow, easy pace · déambuler tranquillement	<i>He ambled down the lane without a care.</i>
veer	v.	to change direction abruptly · virer, dévier	<i>The path veers sharply to the left.</i>

Expressions idiomatiques

Expression idiomatique	Sens
to hit the ground running	démarrer sur les chapeaux de roue
to be on the move	être en déplacement, bouger sans cesse
to go with the flow	suivre le mouvement, se laisser porter

Mots à reconnaître

Mot	Classe	Sens	Exemple en contexte
crawl	v.	to move on hands and knees · ramper, marcher à quatre pattes	<i>The baby crawled across the rug.</i>
creep	v.	to move slowly and quietly · avancer furtivement	<i>He crept downstairs in the dark.</i>
march	v.	to walk with regular steps · marcher au pas	<i>The soldiers marched through the square.</i>
jog	v.	to run at a steady, gentle pace · trotter, faire du jogging	<i>She jogs in the park every morning.</i>
skip	v.	to move with light hops · sautiller	<i>The children skipped down the path.</i>
hop	v.	to jump on one foot or with small jumps · sauter à cloche-pied	<i>The bird hopped along the branch.</i>
dodge	v.	to avoid by a quick movement · esquiver	<i>He dodged the puddle just in time.</i>
slide	v.	to move smoothly over a surface · glisser	<i>The drawer slid open easily.</i>
spin	v.	to turn round quickly · tourner sur soi-même	<i>She spun round at the sound.</i>
rush	v.	to move with urgent speed · se précipiter	<i>They rushed to catch the train.</i>
chase	v.	to run after · poursuivre	<i>The dog chased the ball.</i>
wander	v.	to move about without a fixed route · errer, vagabonder	<i>We wandered through the old town.</i>
roam	v.	to move freely over a wide area · parcourir, errer	<i>Wild horses roam the plain.</i>
scamper	v.	to run with quick light steps · détalier	<i>Mice scampered under the floorboards.</i>
dart	v.	to move suddenly and rapidly · filer, s'élancer	<i>She darted across the street.</i>

Groupe 2

Mots à apprendre

Mot	Classe	Sens (EN · FR)	Exemple en contexte
saunter	v.	to walk slowly and confidently · déambuler nonchalamment	<i>He sauntered in as if he owned the place.</i>
stagger	v.	to walk unsteadily, almost falling · tituber, chanceler	<i>She staggered under the weight of the boxes.</i>
totter	v.	to move in a shaky, unsteady way · chanceler, vaciller	<i>The toddler tottered towards his mother.</i>
lunge	v.	to make a sudden forward movement · se fendre, bondir en avant	<i>He lunged at the ball but missed.</i>
swoop	v.	to move down through the air suddenly · fondre, piquer (sur)	<i>The hawk swooped on its prey.</i>
recoil	v.	to move back suddenly in fear or disgust · reculer, se rétracter	<i>She recoiled at the sight of the spider.</i>
squirm	v.	to twist the body, esp. in discomfort · se tortiller, se trémousser	<i>The child squirmed in his seat.</i>
billow	v.	to swell and roll outward (smoke, fabric) · onduler, gonfler	<i>The curtains billowed in the breeze.</i>
mount	v.	to rise or increase gradually · monter, s'intensifier	<i>Tension mounted as the votes were counted.</i>
eddy	v.	to move in a small circular current · tourbillonner	<i>Dust eddied in the corners of the room.</i>
pivot	v.	to turn around a fixed point · pivoter	<i>She pivoted on her heel and walked off.</i>
sidestep	v.	to avoid by stepping aside · esquiver, éviter	<i>He sidestepped the tackle with ease.</i>
backpedal	v.	to move backward; to reverse a position · faire marche arrière	<i>The minister quickly backpedalled on the promise.</i>
lope	v.	to run with long, easy strides · courir à grandes foulées souples	<i>The wolf loped across the snow.</i>
jostle	v.	to push roughly against others in a crowd · jouer des coudes, bousculer	<i>Shoppers jostled for the last bargains.</i>

Expressions idiomatiques

Expression idiomatique	Sens
to gather steam	prendre de l'élan, monter en puissance
to be in full swing	battre son plein
to take something in one's stride	prendre les choses avec calme

Mots à reconnaître

Mot	Classe	Sens	Exemple en contexte
stride	v.	to walk with long, decisive steps · marcher à grandes enjambées	<i>He strode confidently to the podium.</i>
stumble	v.	to trip and almost fall · trébucher	<i>She stumbled on the loose step.</i>
scramble	v.	to move quickly using hands and feet · grimper tant bien que mal	<i>They scrambled up the rocky slope.</i>
swirl	v.	to move in a twisting, circular pattern · tourbillonner	<i>Snow swirled around the lamppost.</i>
ripple	v.	to move in small waves · onduler, se rider	<i>A breeze rippled across the lake.</i>
surge	v.	to move forward in a powerful rush · déferler, affluer	<i>The crowd surged towards the gate.</i>
lurch	v.	to make a sudden, unsteady movement · tanguer, faire une embardée	<i>The bus lurched round the corner.</i>
careen	v.	to move fast and out of control · foncer en zigzaguant	<i>The car careened off the road.</i>
slink	v.	to move quietly and guiltily · partir furtivement	<i>The dog slunk away in shame.</i>
skulk	v.	to lurk or move furtively · rôder furtivement	<i>A figure skulked in the shadows.</i>
meander	v.	to wander slowly with no direct course · serpenter, vagabonder	<i>The river meanders through the valley.</i>
traipse	v.	to walk wearily or reluctantly · se traîner, traîner les pieds	<i>We traipsed from shop to shop all day.</i>
teeter	v.	to move unsteadily, on the edge of falling · vaciller, être en équilibre précaire	<i>She teetered on the high heels.</i>
swarm	v.	to move in a large, dense crowd · grouiller, fourmiller	<i>Fans swarmed around the star.</i>
throng	v.	to gather or move in great numbers · se presser en foule	<i>Crowds thronged the narrow streets.</i>

Groupe 3

Mots à apprendre

Mot	Classe	Sens (EN · FR)	Exemple en contexte
undulate	v.	to move in smooth wave-like motions · onduler	<i>The fields undulated in the wind.</i>
gambol	v.	to run and jump playfully · gambader, folâtrer	<i>Lambs gambolled in the spring meadow.</i>
flit	v.	to move lightly and quickly from place to place · voleter, papillonner	<i>A moth flitted around the lamp.</i>
scud	v.	to move fast, driven by the wind · filer, courir (nuages)	<i>Clouds scudded across the moon.</i>
waft	v.	to drift gently through the air · flotter (dans l'air)	<i>A smell of bread wafted from the bakery.</i>
furl	v.	to roll or fold up · enrouler, ferler	<i>The sailors furlled the sails at dusk.</i>
coil	v.	to wind into rings or spirals · s'enrouler, se lover	<i>The rope coiled neatly on the deck.</i>
prowl	v.	to move about quietly, as if hunting · rôder	<i>A cat prowled along the garden wall.</i>
snake	v.	to move or wind in a long, twisting line · serpenter	<i>The queue snaked around the block.</i>
convulse	v.	to shake violently and uncontrollably · se convulser, être secoué	<i>The audience convulsed with laughter.</i>
sidle	v.	to move sideways, esp. furtively · s'approcher de côté, se faufiler	<i>He sidled up to her at the bar.</i>
skitter	v.	to move quickly with light, hurried steps · courir précipitamment	<i>Leaves skittered across the pavement.</i>
swan	v.	to move about in a carefree, showy way · se pavaner, aller nonchalamment	<i>She swanned in two hours late.</i>
stalk	v.	to move stiffly or menacingly; to hunt stealthily · marcher d'un pas raide; traquer	<i>He stalked out of the room in fury.</i>
barrel	v.	to move fast and uncontrollably · foncer, débouler	<i>The lorry barrelled down the hill.</i>

Expressions idiomatiques

Expression idiomatique	Sens
to be in full flow	être lancé, en plein élan
to set the wheels in motion	mettre les choses en branle
to grind to a halt	s'arrêter net, s'enliser

Mots à reconnaître

Mot	Classe	Sens	Exemple en contexte
writhe	v.	to twist the body in pain or distress · se tordre, se contorsionner	<i>He writhed in agony on the ground.</i>
wriggle	v.	to twist and turn with small movements · se tortiller, gigoter	<i>The fish wriggled out of his hands.</i>
quiver	v.	to shake with a slight, rapid motion · frémir, trembler	<i>Her lips quivered with emotion.</i>
quaver	v.	to tremble, esp. of the voice · chevroter, trembler	<i>His voice quavered as he spoke.</i>
shiver	v.	to shake slightly from cold or fear · frissonner	<i>She shivered in the cold wind.</i>
tremble	v.	to shake involuntarily · trembler	<i>His hands trembled as he opened the letter.</i>
seethe	v.	to move or churn as if boiling · bouillonner, grouiller	<i>The streets seethed with people.</i>
roil	v.	to move in a turbulent, churning way · s'agiter, bouillonner	<i>Dark water roiled beneath the bridge.</i>
brace	v.	to steady oneself against a shock · se cramponner, s'arc-bouter	<i>She braced herself against the railing.</i>
flinch	v.	to make a small, sudden movement of fear · tressaillir, broncher	<i>He didn't flinch at the loud bang.</i>
judder	v.	to shake or vibrate noisily · vibrer, trembler par à-coups	<i>The old engine juddered to life.</i>
throb	v.	to beat or pulse with a strong rhythm · battre, palpiter	<i>The music throbbed through the floor.</i>
pulsate	v.	to expand and contract rhythmically · palpiter, vibrer	<i>Lights pulsated in time with the beat.</i>
churn	v.	to move about violently, stirring up · bouillonner, se soulever	<i>The sea churned in the storm.</i>
heave	v.	to rise and fall heavily · se soulever	<i>His chest heaved after the sprint.</i>