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) not enough room to swing a cat 没有足够的转身空间 The living room is too small. (客厅实在太小了。) I agree! Theres not enough room to swing a cat. (我同意！连转身的空间都没有。)

) at the top of ones lungs 声嘶力竭 I yelled at the top of my lungs to get toms attention. But he seems to be deaf. (我声嘶力竭地大喊想要引起汤姆的注意。不过他像是聋了一样。) Didnt you see that he was wearing earphones? Every time he listens to rock-n-roll, he turns the volume way up. (你没看见他戴着耳机吗？他每次听摇滚乐总把音量开到最大。)

) at the helm 掌控全局 How long has our CEO been at the helm? (我们的总裁当家多久了？) For almost two decades. We need some fresh blood- thats for sure. (快二十年了。我们需要一些新血是毋庸置疑的。)

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