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In this episode, **The Teacher** introduces you to three idiomatic phrases connected with feet.

1. **I've got itchy feet**
  2. **I got cold feet**
  3. **I shot myself in the foot**
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Hello, I'm a very interesting and intelligent man. And today these feet and I will be teaching you some English idioms.

I bet you've never been taught by some feet before.

Ah, the world. One day I'd like to visit the world.

You see, I haven't left this room since... um... actually... I've never left this room.

Oh But I'd love to travel!!

Arrrrrgghhh!

That's right. I've got itchy feet.

In English, if you have a strong feeling that you'd like to travel, we say "I've got itchy feet".

I've got itchy feet.

Well maybe I should wash them more often.

I did try to leave this room once. I planned to visit my dream country ... Belgium.

But I suddenly became too frightened to do it.

That's right, I got cold feet.

In English, if we make a plan, but then decide not to do it because we are too nervous we say "I got cold feet".

**I got cold feet.**

Well, perhaps I should buy some socks!

Erm, ok friends - a word of advice. NEVER play with guns.

Otherwise.....you could shoot yourself in the foot!

In English, if you do something that ruins a situation for you, we say "I shot myself in the foot."

**I shot myself in the foot.**

Like that time I ran a Marathon, only instead of drinking water, I drank beer!

Oh, I was completely useless. Ha! I could hardly run in a straight line!

Hang on, wait for me! Wait! Come back! Come back! Come back!