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**Jiaying**

大家好，欢迎来到 BBC 英语教学的“地道英语”节目，我是佳莹。

**Neil**

... and I'm Neil. You look really busy. Is everything OK?

**Jiaying**

Yes, but I'm having a dinner party for my friends on Saturday, but I'd forgotten my parents were coming to stay this weekend.

**Neil**

Have you considered postponing the dinner?

**Jiaying**

Hmm... no. In fact, my parents were more concerned they would cramp my style.

**Neil**

Your style is giving you cramp? That sounds painful.

**Jiaying**

No, Neil. 我说的是“cramp someone's style”，意思是“妨碍了某人要做的事情，让这个人不能放手办事或者感到不自然”。

**Neil**

Ah, that makes sense. Your parents were worried they would stop you having the type of party where you could be yourself. Now I understand.

**Jiaying**

Well, let's talk more about my party after these examples.

## Examples

I don't want to cramp your style, but could you wear a shirt and tie to work rather than a T-shirt?

I had to move out of the house share. I didn't feel free there, and my old housemates were cramping my style.

I don't want to go to the party. I'm worried she thinks I'm uncool and that I'll cramp her style.

## Jiaying

你正在收听的是 BBC 英语教学的“地道英语”节目。我们刚刚讨论了表达“cramp someone's style”的意思和用法。我们用这个表达来描述一个人或一事情“使某人受到约束，妨碍其发挥，或者让这个人感到放不开”。

## Neil

So, hang on – why didn't I get an invite to your dinner party? Are you worried I'd cramp your style?

## Jiaying

Err... no. It's just last time you brought that parrot and it kept making inappropriate jokes. Maybe your invite got lost in the mail!

## Neil

Oh... it wasn't a real parrot though – just one of my son's toys I like to wear on my shoulder! OK, so I'll wait to see if my invite arrives.

## Jiaying

Only joking – I was tricking you! I really wanted to invite you in person. You'll be the guest of honour along with my parents! Would you like to come?

## Neil

Of course! I'd love to, and I promise not to cramp your style.

## Jiaying

I know you wouldn't – just don't bring the parrot. Bye!

## Neil

Bye!