



# A Moveable Feast

Feast your eyes on great bingo moves about **MOVEMENT, IDLENESS, ETC.** See also **Get on Board**  
compiled by Jacob Cohen, Asheville Scrabble Club *(updated to NASPA Word List 2018)*

## A 7s

ABASIAS	AAABISS	ABASIA, defect in muscular coordination in walking [n]
ABEYANT	AABENTY	marked by abeyance (temporary inactivity) [adj]
ABOULIA	AABILOU	abulia (loss of will power) [n -S]
ABOULIC	ABCILOU	ABOULIA, abulia (loss of will power) [adj]
ABROACH	AABCHOR	astir (moving about) [adj]
ABULIAS	AABILSU	ABULIA, loss of will power [n]
ACROBAT	AABCORT	one skilled in feats of agility and balance [n -S]
ACTUATE	AACETTU	to set into action or motion [v -D, -TING, -S]
ADVANCE	AACDENV	to move or cause to move ahead [v -D, -CING, -S]
ADVECTS	ACDESTV	ADVECT, to convey or transport by flow of fluid [v]
AGILELY	AEGILLY	AGILE, able to move quickly and easily [adv]
AGITATE	AAEGITT	to move with violent, irregular action [v -D, -TING, -S]
AIRBALL	AABILLR	to miss basket in basketball [v -ED, -ING, -S]
AIRDROP	ADIOPRR	to drop from aircraft [v -PPED, -PPING, -S]
AIRSICK	ACIIKRS	nauseated from flying in airplane [adj]
ALIYAHS	AAHILSY	ALIYAH, immigration of Jews to Israel [n]
ALIYOTH	AHILOTY	ALIYAH, immigration of Jews to Israel [n]
AMBLERS	ABELMRS	AMBLER, one that ambles (to saunter (to walk in leisurely manner)) [n]
AMBLING	ABGILMN	AMBLE, to saunter (to walk in leisurely manner) [v]
ANEARED	AADEENR	ANEAR, to approach (to come near or nearer to) [v]
ANKLING	AGIKLNN	ANKLE, to walk (to advance on foot) [v]
ANTISAG	AAGAINST	designed to prevent sagging [adj]
APPULSE	AELPPSU	approach of one moving body toward another [n -S]
APRAXIA	AAAIPRX	loss of ability to perform coordinated movements [n -S]
APRAXIC	AACIPRX	APRAXIA, loss of ability to perform coordinated movements [adj]
ARCHING	ACGHINR	ARCH, to bend like arch [v]
ARCKING	ACGIKNR	ARC, to move in curved course [v]
AROINTS	AINORST	AROINT, to drive away [v]
AROYNTS	ANORSTY	AROYNT, to aroint (to drive away) [v]
ASCENDS	ACDENSS	ASCEND, to go or move upward [v]
ASCENTS	ACENSST	ASCENT, act of ascending (to go or move upward) [n]
ASSAILS	AAILSSS	ASSAIL, to attack (to set upon violently) [v]
ASTATIC	AACISTT	unstable (resistant to sudden change or position or condition) [adj]
ATLATLS	AALLSTT	ATLATL, device for throwing spear or dart [n]
AVERTED	ADEERTV	AVERT, to turn away [v]
AVERTER	AEERTTV	one that averts (to turn away) [n -S]

## B 7s

BAFFING	ABFFGIN	BAFF, to strike under golf ball [v]
BALKERS	ABEKLRS	BALKER, one that balks (to stop short and refuse to proceed) [n]
BALKING	ABGIKLN	BALK, to stop short and refuse to proceed [v]
BALLETS	ABELLST	BALLET, classical dance form [n]
BALLONS	ABLLNOS	BALLON, lightness of movement [n]
BAMMING	ABGIMMN	BAM, to strike with dull resounding noise [v]
BANDIED	ABDDEIN	BANDY, to throw to and fro [v]
BANDIES	ABDEINS	BANDY, to throw to and fro [v]
BARGING	ABGGINR	BARGE, to move by barge (long, large boat) [v]



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BARRELS	ABELRRS	BARREL, to move fast [v]
BASHERS	ABEHRSS	BASHER, one that bashes (to smash (to shatter violently)) [n]
BASHING	ABGHINS	act of beating [n -S] / BASH, to smash (to shatter violently) [v]
BAULKED	ABDEKLU	BAULK, to balk (to stop short and refuse to proceed) [v]
BAULKER	ABEKLRU	balker (one that balks (to stop short and refuse to proceed)) [n -S]
BAZZING	ABGINZZ	BAZZ, to throw (as stone) [v]
BEACHED	ABCDEEH	BEACH, to drive ashore [v]
BEACHES	ABCEEHS	BEACH, to drive ashore [v]
BEATERS	ABEERST	BEATER, one that beats (to strike repeatedly) [n]
BEATING	ABEGINT	BEAT, to strike repeatedly [v]
BECALMS	ABCELMS	BECALM, to make calm (free from agitation) [v]
BEGUINE	BEEGINU	lively dance [n -S]
BENDERS	BDEENRS	BENDER, one that bends (to curve (to deviate from straightness)) [n]
BENDIER	BDEEINR	BENDY, flexible (capable of being bent) [adj]
BENDING	BDEGINN	BEND, to curve (to deviate from straightness) [v]
BESTIRS	BEIRSST	BESTIR, to rouse (to bring out of state of sleep or inactivity) [v]
BHANGRA	AABGHNR	form of popular Punjabi dance music [n -S]
BIFFING	BFFGIIN	BIFF, to hit (to strike forcibly) [v]
BIGUINE	BEGIINU	beguine (lively dance) [n -S]
BIRCHED	BCDEHIR	BIRCH, to whip (to strike with whip (instrument for administering corporal punishment)) [v]
BIRCHES	BCEHIRS	BIRCH, to whip (to strike with whip (instrument for administering corporal punishment)) [v]
BIRLING	BGIILNR	BIRL, to rotate floating log [v]
BITRATE	ABEIRTT	data transmission speed [n -S]
BITTING	BGIINTT	BIT, to restrain (to hold back from action) [v]
BLOWOFF	BFFLOWW	expelling of gas [n -S]
BOBBERS	BBBEORS	BOBBER, one that bobs (to move up and down) [n]
BOBBING	BBBGINO	BOB, to move up and down [v]
BOGGING	BGGGINO	BOG, to impede (to obstruct progress of) [v]
BOLEROS	BELOORS	BOLERO, Spanish dance [n]
BOOGEYS	BEGOOSY	BOOGEY, to boogie (to dance to rock music) [v]
BOOGIED	BDEGIOO	BOOGIE, to dance to rock music [v] / BOOGY [v]
BOOGIES	BEGIOOS	BOOGIE, to dance to rock music [v] / BOOGY [v]
BOPPING	BGINOPP	BOP, to hit or strike [v]
BOUNCED	BCDENOU	BOUNCE, to spring back [v]
BOUNCER	BCENORU	one that bounces (to spring back) [n -S]
BOUNCES	BCENOSU	BOUNCE, to spring back [v]
BOUNDED	BDDENOU	BOUND, to leap (to spring off ground) [v]
BOUNDER	BDENORU	one that bounds (to leap (to spring off ground)) [n -S]
BOURREE	BEEORRU	old French dance [n -S]
BRAKING	ABGIKNR	BRAKE, to slow down or stop [v]
BATTLE	ABELRTT	to clatter (to move with rattling noise) [v -D, -LING, -S]
BREEZED	BDEEERZ	BREEZE, to move swiftly [v]
BREEZES	BEEERSZ	BREEZE, to move swiftly [v]
BRIDLED	BDDEILR	BRIDLE, to control with restraint [v]
BRIDLER	BDEILRR	one that bridles (to control with restraint) [n -S]
BRIDLES	BDEILRS	BRIDLE, to control with restraint [v]
BRISTLE	BEILRST	to rise stiffly [v -D, -LING, -S]



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BRUSHED	BDEHRSU	BRUSH, to touch lightly [v]
BRUSHER	BEHRRSU	one that brushes (to touch lightly) [n -S]
BRUSHES	BEHRSSU	BRUSH, to touch lightly [v]
BUCKETS	BCEKSTU	BUCKET, to hurry (to move swiftly) [v]
BUCKLED	BCDEKLU	BUCKLE, to bend under pressure [v]
BUCKLES	BCEKLSU	BUCKLE, to bend under pressure [v]
BUDGERS	BDEGRSU	BUDGER, one that budges (to move slightly) [n]
BUDGING	BDGGINU	BUDGE, to move slightly [v]
BULLETS	BELLSTU	BULLET, to move swiftly [v]
BUNHEAD	ABDEHNU	female ballet dancer [n -S]
BUSTLED	BDELSTU	BUSTLE, to move energetically [v]
BUSTLER	BELRSTU	one that bustles (to move energetically) [n -S]
BUSTLES	BELSSTU	BUSTLE, to move energetically [v]

## C 7s

CADENCY	ACCDENY	rhythm (movement or procedure with uniform recurrence of strong and weak elements) [n -CIES]
CANCANS	AACCNNS	CANCAN, dance marked by high kicking [n]
CANTDOG	ACDGNOT	device used to move logs [n -S]
CAPERED	ACDEEPR	CAPER, to frolic (to play and run about merrily) [v]
CAPERER	ACEEPRR	one that capers (to frolic (to play and run about merrily)) [n -S]
CAPSIZE	ACEIPSZ	to overturn (to turn over) [v -D, -ZING, -S]
CARACOL	AACCLOR	to caracole (to perform half turn on horse) [v -LLED, -LLING, -S]
CARAVAN	AAACNRV	to travel in group [v -ED, -ING, -S or -NED, -NING, -S]
CAREENS	ACEENRS	CAREEN, to lurch while moving [v]
CARIOCA	AACCIOR	South American dance [n -S]
CARRIED	ACDEIRR	CARRY, to convey from one place to another [v]
CARRIER	ACEIRRR	one that carries (to convey from one place to another) [n -S]
CARRIES	ACEIRRS	CARRY, to convey from one place to another [v]
CARTAGE	AACEGRT	act of carting (to convey in cart (two-wheeled vehicle)) [n -S]
CARTERS	ACERRST	CARTER, one that carts (to convey in cart (two-wheeled vehicle)) [n]
CARTING	ACGINRT	CART, to convey in cart (two-wheeled vehicle) [v]
CASTING	ACGINST	CAST, to throw with force [v]
CAVORTS	ACORSTV	CAVORT, to frolic (to play and run about merrily) [v]
CEASING	ACEGINS	CEASE, to stop (to discontinue progress or motion of) [v]
CHAINES	ACEHINS	CHAINED, series of ballet turns [n]
CHASERS	ACEHRSS	CHASER, one that chases (to pursue (to follow in order to overtake or capture)) [n]
CHASING	ACGHINS	CHASE, to pursue (to follow in order to overtake or capture) [v]
CHASSED	ACDEHSS	CHASSE, to perform dance movement [v]
CHASSES	ACEHSSS	CHASSE, to perform dance movement [v]
CHEESED	CDEEEHS	CHEESE, to stop (to discontinue progress or motion of) [v]
CHEESES	CEEEHSS	CHEESE, to stop (to discontinue progress or motion of) [v]
CHEVIED	CDEEHIV	CHEVY, to chase about [v]
CHEVIES	CEEHISV	CHEVY, to chase about [v]
CHIVIED	CDEHIIV	CHIVY, to chevy (to chase about) [v]
CHIVIES	CEHIISV	CHIVY, to chevy (to chase about) [v]
CHRISTY	CHIRSTY	skiing turn [n -TIES]
CHUCKED	CCDEHKU	CHUCK, to throw (to propel through air with movement of arm) [v]
CHUCKER	CCEHKRU	one that chucks (to throw (to propel through air with movement of arm)) [n -S]



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CHUFFED	CDEFFHU	CHUFF, to chug (to move with dull explosive sound) [v]
CHUGGED	CDEGGHU	CHUG, to move with dull explosive sound [v]
CHUGGER	CEGGHRU	one that chugs (to move with dull explosive sound) [n -S]
CHURNED	CDEHNRU	CHURN, to stir briskly in order to make butter [v]
CHURNER	CEHNRRU	one that churns (to stir briskly in order to make butter) [n -S]
CHUTING	CGHINTU	CHUTE, to convey by chute (vertical passage) [v]
CHYRONS	CHNORSY	CHYRON, type of digital graphic video overlay [n]
CIRCLED	CCDEILR	CIRCLE, to move or revolve around [v]
CIRCLER	CCEILRR	one that circles (to move or revolve around) [n -S]
CIRCLES	CCEILRS	CIRCLE, to move or revolve around [v]
CIRCUIT	CCIIRTU	to move around [v -ED, -ING, -S]
CLAPPED	ACDELPP	CLAP, to strike one palm against other [v]
CLAPPER	ACELPPR	one that claps (to strike one palm against other) [n -S]
CLATTER	ACELRTT	to move with rattling noise [v -ED, -ING, -S]
CLIMBED	BCDEILM	CLIMB, to ascend (to go or move upward) [v]
CLIMBER	BCEILMR	one that climbs (to ascend (to go or move upward)) [n -S]
CLOMPED	CDELMOP	CLOMP, to walk heavily and clumsily [v]
CLOSERS	CELORSS	CLOSER, one that closes (to block against entry or passage) [n]
CLOSING	CGILNOS	CLOSE, to block against entry or passage [v]
CLUNKED	CDEKLNU	CLUNK, to thump (to strike so as to make dull, heavy sound) [v]
COMMOVE	CEMMOOV	to move violently [v -D, -VING, -S]
CONDUIT	CDINOTU	channel or pipe for conveying fluids [n -S]
CONGAED	ACDEGNO	CONGA, to perform conga (Latin-American dance) [v]
CONVEYS	CENOSVY	CONVEY, to transport [v]
COOCHES	CCEHOOS	COOCH, sinuous dance [n]
CORANTO	ACNOORT	courante (old, lively dance) [n -S or -ES]
COURANT	ACNORTU	courante (old, lively dance) [n -S]
CRAWLED	ACDELRW	CRAWL, to move with body on or near ground [v]
CRAWLER	ACELRRW	one that crawls (to move with body on or near ground) [n -S]
CREEPED	CDEEPR	CREEP, to crawl (to move with body on or near ground) [v]
CREEPER	CEEEPRR	one that creeps (to crawl (to move with body on or near ground)) [n -S]
CROOKED	CDEKOOR	CROOK, to bend (to curve (to deviate from straightness)) [v]
CRUMPED	CDEMPRU	CRUMP, to crunch (to chew with crackling sound) [v]
CRUSHED	CDEHRSU	CRUSH, to press or squeeze out of shape [v]
CRUSHER	CEHRRSU	one that crushes (to press or squeeze out of shape) [n -S]
CRUSHES	CEHRSSU	CRUSH, to press or squeeze out of shape [v]
CSARDAS	AACDRSZ	czardas (Hungarian dance) [n -ES]
CUMBERS	BCEMRSU	CUMBER, to hinder (to impede (to obstruct progress of)) [v]
CUMBIAS	ABCIMSU	CUMBIA, Latin-American dance [n]
CURBERS	BCERRSU	CURBER, one that curbs (to restrain (to hold back from action)) [n]
CURBING	BCGINRU	CURB, to restrain (to hold back from action) [v]
CURVETS	CERSTUV	CURVET, to prance (to spring forward on hind legs) [v]
CZARDAS	AACDRSZ	Hungarian dance [n -ES]

## D 7s

DACKERS	ACDEKRS	DACKER, to waver (to move back and forth) [v]
DAGGLED	ADDEGGL	DAGGLE, to drag in mud [v]
DAGGLES	ADEGGLS	DAGGLE, to drag in mud [v]



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DAIKERS	ADEIKRS	DAIKER, to dacker (to waver (to move back and forth)) [v]
DANCERS	ACDENRS	DANCER, one that dances (to move rhythmically to music) [n]
DANCIER	ACDEINR	DANCEY, suitable for dancing [adj]
DANCING	ACDGINN	DANCE, to move rhythmically to music [v]
DANDERS	ADDENRS	DANDER, to stroll (to walk in leisurely manner) [v]
DANSEUR	ADENRSU	male ballet dancer [n -S]
DARTERS	ADERRST	DARTER, one that darts (to move suddenly or swiftly) [n]
DARTING	ADGINRT	DART, to move suddenly or swiftly [v]
DARTLED	ADDELRT	DARTLE, to dart repeatedly [v]
DARTLES	ADELRTS	DARTLE, to dart repeatedly [v]
DASHERS	ADEHRSS	DASHER, one that dashes (to strike violently) [n]
DASHING	ADGHINS	DASH, to strike violently [v]
DASHPOT	ADHOPST	shock absorber [n -S]
DAUNDER	ADDENRU	to dander (to stroll (to walk in leisurely manner)) [v -ED, -ING, -S]
DAZEDLY	ADDELYZ	DAZE, to stun (to render senseless or incapable of action) [adv]
DEFLECT	CDEEFLT	to turn aside [v -ED, -ING, -S]
DEORBIT	BDEIORT	to come out of orbit [v -ED, -ING, -S]
DERAILS	ADEILRS	DERAIL, to run off rails of track [v]
DESISTS	DEISSST	DESIST, to cease doing something [v]
DEVELED	DDEEELV	DEVEL, to strike forcibly [v]
DEVIATE	ADEEITV	to turn aside from course or norm [v -D, -TING, -S]
DIBBUKS	BBDIKSU	DIBBUK, dybbuk (wandering soul in Jewish folklore) [n]
DIPPERS	DEIPPRS	DIPPER, one that dips (to immerse briefly) [n]
DIPPING	DGIINPP	DIP, to immerse briefly [v]
DIRLING	DGIILNR	DIRL, to tremble (to shake involuntarily) [v]
DISCOED	CDDEIOS	DISCO, to dance at discotheque [v]
DISCOES	CDEIOSS	DISCO, to dance at discotheque [v]
DISPELS	DEILPSS	DISPEL, to drive off in various directions [v]
DIVERGE	DEEGIRV	to move in different directions from common point [v -D, -GING, -S]
DIVERTS	DEIRSTV	DIVERT, to turn aside [v]
DODDERS	DDDEORS	DODDER, to totter (to walk unsteadily) [v]
DOGLEGS	DEGGLOS	DOGLEG, to move along bent course [v]
DOGSLED	DDEGLOS	to move on sled drawn by dogs [v -DDED, -DDING, -S]
DOGTROT	DGOORTT	to move at steady trot [v -TROTTEDE, -TROTTEDE, -TROTTS]
DOLLIED	DDEILLO	DOLLY, to move on wheeled platform [v]
DOLLIES	DEILLOS	DOLLY, to move on wheeled platform [v]
DOZENED	DDEENOS	DOZEN, to stun (to render senseless or incapable of action) [v]
DRAGGED	ADDEGGR	DRAG, to pull along ground [v]
DRAGGER	ADEGGRR	one that drags (to pull along ground) [n -S]
DRAWERS	ADERRSW	DRAWER, one that draws (to move by pulling) [n]
DRIBBED	BBDDEIR	DRIB, to drip (to fall in drops) [v]
DRIFTED	DDEFIRT	DRIFT, to move along in current [v]
DRIFTER	DEFIRRT	one that drifts (to move along in current) [n -S]
DRIPPED	DDEIPPR	DRIP, to fall in drops [v]
DRIVERS	DEIRRSV	DRIVER, one that drives (to urge or propel forward) [n]
DRIVING	DGIINRV	DRIVE, to urge or propel forward [v]
DROPPED	DDEOPPR	DROP, to fall in drops (globules) [v]



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DROVERS	DEORRSV	DROVER, driver of cattle or sheep [n]
DROVING	DGINORV	work of drover [n -S] / DROVE, to drive cattle or sheep [v]
DRUMBLE	BDELMRU	to move slowly [v -D, -LING, -S]
DUBSTEP	BDEPSTU	type of electronic dance music [n -S]
DUCKERS	CDEKRSU	DUCKER, one that ducks (to lower quickly) [n]
DUCKING	CDGIKNU	DUCK, to lower quickly [v]
DUCTING	CDGINTU	DUCT, to convey through duct (tubular passage) [v]
DUNTING	DGINNTU	DUNT, to strike with heavy blow [v]
DYBBUKS	BBDKSUY	DYBBUK, wandering soul in Jewish folklore [n]

## E 7s

EASTING	AEGINST	movement toward east [n -S]
EDDYING	DDEGINY	EDDY, to move against main current [v]
EJECTED	CDEEEJT	EJECT, to throw out forcibly [v]
EJECTOR	CEEJORT	one that ejects (to throw out forcibly) [n -S]
ELEVATE	AEELTV	to raise (to move to higher position) [v -D, -TING, -S]
ELOPERS	EELOPRS	ELOPER, one that elopes (to run off secretly to be married) [n]
ELOPING	EGILNOP	ELOPE, to run off secretly to be married [v]
ENGLISH	EGHILNS	to cause billiard ball to spin around its vertical axis [v -ED, -ING, -ES]
ENTASIA	AAEINST	spasmodic contraction of muscle [n -S]
ENVIRON	EINNORV	to encircle (to form circle around) [v -ED, -ING, -S]
EPEIRIC	CEEIIPR	pertaining to vertical movement of earth's crust [adj]
ERRANTS	AENRRST	ERRANT, wanderer (one that wanders (to move about with no destination or purpose)) [n]
ESTRAYS	AERSSTY	ESTRAY, to stray (to wander from proper area or course) [v]
EUSTACY	ACESTUY	worldwide change in sea level [n -CIES]
EUSTASY	AESSTUY	eustacy (worldwide change in sea level) [n -SIES]
EVERTED	DEEERTV	EVERT, to turn outward or inside out [v]
EVERTOR	EEORRTV	muscle that turns part outward [n -S]
EXALTED	ADEELTX	EXALT, to raise (to move to higher position) [v]
EXALTER	AEELRTX	one that exalts (to raise (to move to higher position)) [n -S]
EXERTED	DEEERTX	EXERT, to put into action [v]

## F 7s

FACEOFF	ACEFFFO	action that starts hockey game [n -S]
FADINGS	ADFGINS	FADING, Irish dance [n]
FAIRING	AFGIINR	structure on aircraft serving to reduce drag [n -S]
FALTERS	AEFLRST	FALTER, to hesitate (to hold back in uncertainty) [v]
FASTEST	AEFSSTT	FAST, moving or able to move quickly [adj]
FEINTED	DEEFINT	FEINT, to make deceptive movement [v]
FIDGETS	DEFGIST	FIDGET, to move nervously or restlessly [v]
FIDGING	DFGGIIN	FIDGE, to fidget (to move nervously or restlessly) [v]
FILLIPS	FIILLPS	FILLIP, to strike sharply [v]
FISTING	FGIINST	FIST, to strike with fist (hand closed tightly) [v]
FIXATED	ADEFITX	FIXATE, to make stable or stationary [v]
FIXATES	AEFISTX	FIXATE, to make stable or stationary [v]
FLAILED	ADEFILL	FLAIL, to swing freely [v]
FLANEUR	AEFLNRU	idler (one that idles) [n -S]
FLEEING	EEFGILN	FLEE, to run away [v]
FLEETED	DEEEFLT	FLEET, to move swiftly [v]



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FLEETER	EEFLRT	FLEET, swift (moving with great rate of motion) [adj]
FLEETLY	EEFLTY	FLEET, swift (moving with great rate of motion) [adv]
FLEXING	EFGILNX	FLEX, to bend (to curve (to deviate from straightness)) [v]
FLEXION	EFILNOX	flection (act of bending (to curve)) [n -S]
FLEXORS	EFLORSX	FLEXOR, muscle that serves to bend bodily part [n]
FLEXURE	EEFLRUX	act of bending (to curve (to deviate from straightness)) [n -S]
FLICKED	CDEFIKL	FLICK, to strike with quick, light blow [v]
FLICKER	DEFIKLR	to move waveringly [v -ED, -ING, -S]
FLIGHTS	FGHILST	FLIGHT, to fly in flock [v]
FLINGER	EFGILNR	one that flings (to throw with force) [n -S]
FLIPPED	DEFILPP	FLIP, to throw with brisk motion [v]
FLIPPER	EFILPPR	broad, flat limb adapted for swimming [n -S]
FLITTED	DEFILTT	FLIT, to move lightly and swiftly [v]
FLOCKED	CDEFKLO	FLOCK, to gather or move in crowd [v]
FLOUNCE	CEFLNOU	to move with exaggerated motions [v -D, -CING, -S]
FLOWAGE	AEFGLOW	act of flowing (to move steadily and smoothly along) [n -S]
FLOWING	FGILNOW	FLOW, to move steadily and smoothly along [v]
FLUMING	FGILMNU	FLUME, to convey by means of artificial water channel [v]
FLUXION	FILNOUX	act of flowing (to move steadily and smoothly along) [n -S]
FLYABLE	ABEFLLY	suitable for flying [adj]
FLYAWAY	AAFLWYY	one that is elusive [n -S]
FLYOVER	EFLORVY	flight of aircraft over specific location [n -S]
FLYPAST	AFLPSTY	flyby (flight of aircraft close to specified place) [n -S]
FLYWAYS	AFLSWYY	FLYWAY, established air route of migratory birds [n]
FOOTERS	EFOORST	FOOTER, one that walks (to advance on foot) [n]
FOOTING	FGINOOT	FOOT, to walk (to advance on foot) [v]
FORERUN	EFNORRU	to run in advance of [v -RAN, -NING, -S]
FOUETTE	EEFOTTU	movement in ballet [n -S]
FOXTROT	FOORTTX	to dance fox trot (dance for couples) [v -TTED, -TTING, -S]
FRISKED	DEFIKRS	FRISK, to move or leap about playfully [v]
FRISKER	EFIKRRS	one that frisks (to move or leap about playfully) [n -S]
FROGMAN	AFGMNOR	person equipped for extended periods of underwater swimming [n -MEN]
FROLICS	CFILORS	FROLIC, to play and run about merrily [v]
FRUGGED	DEFGGRU	FRUG, to perform type of vigorous dance [v]

## G 7s

GADDING	ADDGGIN	GAD, to roam about restlessly [v]
GAITING	AGGIINT	GAIT, to train horse to move in particular way [v]
GALLOPS	AGLLOPS	GALLOP, to ride horse at full speed [v]
GALOPED	ADEGLOP	GALOP, to dance galop (lively round dance) [v]
GALUMPH	AGHLMPU	to move clumsily [v -ED, -ING, -S]
GANDERS	ADEGNRS	GANDER, to wander (to move about with no destination or purpose) [v]
GAVOTTE	AEGOTTV	to dance gavot [v -D, -TING, -S]
GERMANS	AEGMNRS	GERMAN, elaborate dance [n]
GIMPING	GGIIMNP	GIMP, to limp (to walk lamely) [v]
GIPSIED	DEGIIPS	GIPSY, to gypsy (to live like gypsy (wanderer)) [v]
GIPSIES	EGIIPSS	GIPSY, to gypsy (to live like gypsy (wanderer)) [v]
GLIDING	DGGIILN	GLIDE, to move effortlessly [v]



# A Moveable Feast

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GLISSES	EGILSSS	GLISSE, dance step [n]
GOADING	ADGGINO	GOAD, to drive animals with goad (pointed stick) [v]
GOLIARD	ADGILOR	wandering student [n -S]
GRAVITY	AGIRTVY	force of attraction toward earth's center [n -TIES]
GULLIED	DEGLLIU	GULLY, to form ravines by action of water [v]
GULLIES	EGILLSU	GULLY, to form ravines by action of water [v]
GURGING	GGGINRU	GURGE, to swirl (to move with whirling motion) [v]
GYPSIED	DEGIPSY	GYPSY, to live like gypsy (wanderer) [v]
GYPSIES	EGIPSSY	GYPSY, to live like gypsy (wanderer) [v]
GYRATED	ADEGRTY	GYRATE, to revolve or rotate [v]
GYRATES	AEGRSTY	GYRATE, to revolve or rotate [v]
GYRATOR	AGORRTY	one that gyrates (to revolve or rotate) [n -S]

## H 7s

HALTERS	AEHLRST	HALTER, to put restraint upon [v]
HALTING	AGHILNT	HALT, to stop (to discontinue progress or motion of) [v]
HAMATSA	AAAHMST	dance inspired by spirit of man-eating monster [n -S]
HAMMERS	AEHMMRS	HAMMER, to strike repeatedly [v]
HAMPERS	AEHMPRS	HAMPER, to hinder (to impede (to obstruct progress of)) [v]
HARPOON	AHNOOPR	to strike with barbed spear [v -ED, -ING, -S]
HASTENS	AEHNSST	HASTEN, to hurry (to move swiftly) [v]
HASTIER	AEHIRST	HASTY, speedy (swift (moving with great rate of motion)) [adj]
HASTILY	AHILSTY	HASTY, speedy (swift (moving with great rate of motion)) [adv]
HASTING	AGHINST	HASTE, to hasten (to hurry (to move swiftly)) [v]
HAULING	AGHILNU	HAUL, to pull with force [v]
HEADWAY	AADEHWY	forward movement [n -S]
HEAVERS	AEEHRSV	HEAVER, one that heaves (to lift forcefully) [n]
HEAVING	AEGHINV	HEAVE, to lift forcefully [v]
HEGIRAS	AEGHIRS	HEGIRA, exodus (movement away) [n]
HEJIRAS	AEHIJRS	HEJIRA, hegira (exodus (movement away)) [n]
HELISKI	EHIILKS	to ski downhill on mountains reached by helicopter [v -ED, -ING, -S]
HINDERS	DEHINRS	HINDER, to impede (to obstruct progress of) [v]
HIRPLED	DEHILPR	HIRPLE, to limp (to walk lamely) [v]
HIRPLES	EHILPRS	HIRPLE, to limp (to walk lamely) [v]
HITTERS	EHIRSTT	HITTER, one that hits (to strike forcibly) [n]
HITTING	GHIINTT	HIT, to strike forcibly [v]
HOBBLLED	BBDEHLO	HOBBLE, to limp (to walk lamely) [v]
HOBBLER	BBEHLOR	one that hobbles (to limp (to walk lamely)) [n -S]
HOBBLLES	BBEHLOS	HOBBLE, to limp (to walk lamely) [v]
HOEDOWN	DEHNOOW	square dance [n -S]
HOICKED	DECHIKO	HOICK, to change directions abruptly [v]
HOOFERS	EFHOORS	HOOFER, professional dancer [n]
HOOFING	FGHINOO	HOOF, to dance (to move rhythmically to music) [v]
HOPPERS	EHOPPRS	HOPPER, one that hops (to move by jumping on one foot) [n]
HOPPING	GHINOPP	HOP, to move by jumping on one foot [v]
HOPPLED	DEHLOPP	HOPPLE, to hobble (to limp (to walk lamely)) [v]
HOPPLES	EHLOPPS	HOPPLE, to hobble (to limp (to walk lamely)) [v]
HOTCHED	CDEHHOT	HOTCH, to wiggle (to move with short, quick movements from side to side) [v]





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HOTCHES	CEHHOST	HOTCH, to wiggle (to move with short, quick movements from side to side) [v]
HOTFOOT	FHOOOT	to hurry (to move swiftly) [v -ED, -ING, -S]
HUNKERS	EHKNSRU	HUNKER, to squat (to bend one's knees and sit on one's heels) [v]
HURDLED	DDEHLRU	HURDLE, to jump over [v]
HURDLER	DEHLRRU	one that hurdles (to jump over) [n -S]
HURDLES	DEHLRSU	HURDLE, to jump over [v]
HURLERS	EHLRRSU	HURLER, one that hurls (to throw with great force) [n]
HURRIED	DEHIRRU	HURRY, to move swiftly [v]
HURRIER	EHIRRRU	one that hurries (to move swiftly) [n -S]
HURRIES	EHIRRSU	HURRY, to move swiftly [v]
HURTLED	DEHLRTU	HURTLE, to rush violently [v]
HURTLES	EHLRSTU	HURTLE, to rush violently [v]
HUSTLED	DEHLSTU	HUSTLE, to hurry (to move swiftly) [v]
HUSTLER	EHLRSTU	one that hustles (to hurry (to move swiftly)) [n -S]

## I 7s

ICEBOAT	ABCEIOT	to travel in vehicle that sails on ice [v -ED, -ING, -S]
IDLESSE	DEEILSS	idleness (state of being idle (inactive (not active))) [n -S]
IMPASSE	AEIMPSS	road or passage having no exit [n -S]
IMPEDED	DDEEIMP	IMPEDE, to obstruct progress of [v]
IMPEDER	DEEIMPR	one that impedes (to obstruct progress of) [n -S]
IMPEDES	DEEIMPS	IMPEDE, to obstruct progress of [v]
INCHING	CGHIINN	INCH, to move very slowly [v]
INCITED	CDEIINT	INCITE, to arouse to action [v]
INCURVE	CEINRUV	to curve inward [v -D, -VING, -S]
INERTIA	AEIINRT	tendency of body to resist acceleration [n -S or -E]
INERTLY	EILNRTY	inactively [adv]
INFALLS	AFILLNS	INFALL, movement under influence of gravity toward celestial object [n]
INFLECT	CEFILNT	to bend (to curve (to deviate from straightness)) [v -ED, -ING, -S]
INFOLDS	DFILNOS	INFOLD, to fold inward [v]
INTORTS	INORSTT	INTORT, to twist inward [v]
INVERSE	EEINRSV	to reverse (to turn or move in opposite direction) [v -D, -SING, -S]
INVERTS	EINRSTV	INVERT, to turn upside down [v]
IRRUPTS	IPPRSTU	IRRUPT, to rush in forcibly [v]
ISOTACH	ACHIOST	line on map connecting points of equal wind velocity [n -S]

## J 7s

JABBING	ABBGIJN	JAB, to poke sharply [v]
JARRING	AGIJNRR	JAR, to cause to shake [v]
JAUNCED	ACDEJNU	JAUNCE, to prance (to spring forward on hind legs) [v]
JAUNCES	ACEJNSU	JAUNCE, to prance (to spring forward on hind legs) [v]
JEEPING	EEGIJNP	JEEP, to travel by small type of motor vehicle [v]
JERKERS	EEJKRRS	JERKER, one that jerks (to move with sharp, sudden motion) [n]
JERKIER	EEIJKRR	JERKY, characterized by jerking movements [adj]
JERKILY	EIJKLRY	JERKY, characterized by jerking movements [adv]
JERKING	EGIJKNR	JERK, to move with sharp, sudden motion [v]
JIBBING	BGGIIJN	JIB, to refuse to proceed further [v] / JIBB, to shift from side to side while sailing [v]
JIGGING	GGGIIJN	JIG, to bob (to move up and down) [v]
JIGGISH	GGHIJS	suitable for jig (lively dance) [adj]



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JIGGLED	DEGGIJL	JIGGLE, to shake lightly [v]
JIGGLES	EGGIJLS	JIGGLE, to shake lightly [v]
JINKERS	EIJKNRS	JINKER, one that jinks (to move quickly out of way) [n]
JINKING	GJIIKNN	JINK, to move quickly out of way [v]
JITTERS	EIJRSTT	JITTER, to fidget (to move nervously or restlessly) [v]
JOGGERS	EGGJORS	JOGGER, one that jogs (to run at slow, steady pace) [n]
JOGGING	GGGIJNO	practice of running at slow, steady pace [n -S] / JOG [v]
JOGGLED	DEGGJLO	JOGGLE, to shake slightly [v]
JOGGLER	EGGJLOR	one that joggles (to shake slightly) [n -S]
JOGGLES	EGGJLOS	JOGGLE, to shake slightly [v]
JOGTROT	GJOORTT	slow regular way of walking or running [n -S] / [v -TTED, -TTING, -S]
JOLTERS	EJLORST	JOLTER, one that jolts (to jar or shake roughly) [n]
JOLTING	GIJLNOT	JOLT, to jar or shake roughly [v]
JOUNCED	CDEJNOU	JOUNCE, to move roughly up and down [v]
JOUNCES	CEJNOSU	JOUNCE, to move roughly up and down [v]
JOURNEY	EJNORUY	to travel (to go from one place to another) [v -ED, -ING, -S]
JUDDERS	DDEJRSU	JUDDER, to vibrate (to move back and forth rapidly) [v]
JUMPERS	EJMPRSU	JUMPER, one that jumps (to spring off ground) [n]
JUMPIER	EIJMPRU	JUMPY, nervous (easily excited) [adj]
JUMPILY	IJLMPUY	JUMPY, nervous (easily excited) [adv]
JUMPING	GIJMNPV	act of one that jumps [n -S] / JUMP, to spring off ground [v]

## K 7s

KEDGING	DEGGINK	KEDGE, to move vessel with use of anchor [v]
KEELING	EEGIKLN	KEEL, to capsize (to overturn (to turn over)) [v]
KICKBOX	BCIKKOX	to box in style that allows kicking [v -ED, -ING, -ES]
KICKERS	CEIKKRS	KICKER, one that kicks (to strike out with foot or feet) [n]
KICKING	CGIIKKN	act of striking with foot [n -S] / KICK, to strike out with foot or feet [v]
KINESIS	EIIKNSS	type of movement (act of moving (to change from one position to another)) [n -ES or -SES]
KIRNING	GIIKNNR	KIRN, to churn (to stir briskly in order to make butter) [v]
KITINGS	GIIKNST	KITING, act of flying kite [n]
KNACKED	ACDEKKN	KNACK, to strike sharply [v]
KNAPPED	ADEKNPP	KNAP, to strike sharply [v]
KNAPPER	AEKNPPR	one that knaps (to strike sharply) [n -S]
KNEEING	EEGIKNN	KNEE, to strike with knee (joint of leg) [v]
KNOCKED	CDEKKNO	KNOCK, to strike sharply [v]
KNOCKER	CEKKNOR	one that knocks (to strike sharply) [n -S]

## L 7s

LAGGARD	AADGGLR	one that lags [n -S]
LAMBADA	AAABDLM	Brazilian dance [n -S]
LAMBENT	ABELMNT	flickering lightly and gently over surface [adj]
LAMMING	AGILMMN	LAM, to flee hastily [v]
LAMSTER	AELMRST	fugitive (one who flees) [n -S]
LANDLER	ADELLNR	slow Austrian dance [n -S]
LAPPING	AGILNPP	LAP, to fold over or around something [v]
LASHERS	AEHLRSS	LASHER, one that lashes (to strike with whip) [n]
LASHING	AGHILNS	flogging (whipping (material used to whip)) [n -S] / LASH, to strike with whip [v]
LAVEERS	AEELRSV	LAVEER, to sail against wind [v]



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LAZING	AGILNYZ	LAZY, to move or lie lazily [v]
LEACHED	ACDEEHL	LEACH, to subject to filtering action of liquid [v]
LEACHER	ACEEHLR	one that leaches (to subject to filtering action of liquid) [n -S]
LEACHES	ACEEHL	LEACH, to subject to filtering action of liquid [v]
LEAFING	AIEGILN	LEAF, to turn pages rapidly [v]
LEAPERS	AEELPRS	LEAPER, one that leaps (to spring off ground) [n]
LEAPING	AEGILNP	LEAP, to spring off ground [v]
LEEWARD	ADEELRW	direction toward which wind is blowing [n -S]
LEGONGS	EGGLNOS	LEGONG, Balinese dance [n]
LEGWORX	EGKLORW	work that involves extensive walking [n -S]
LETTING	EGILNTT	LET, to hinder (to impede (to obstruct progress of)) [v]
LEVERED	DEEELRV	LEVER, to move with lever (rigid body used to lift weight) [v]
LIBRATE	ABEILRT	to move from side to side [v -D, -TING, -S]
LIFTERS	EFILRST	LIFTER, one that lifts (to move to higher position) [n]
LIFTING	FGIILNT	LIFT, to move to higher position [v]
LIGHTER	EGHILRT	to convey in type of barge [v -ED, -ING, -S] / LIGHT, having little weight [adj]
LIMBOED	BDEILMO	LIMBO, to perform West Indian dance [v]
LIMITED	DEIILMT	LIMIT, to restrict (to keep within certain boundaries) [v]
LIMPERS	EILMPRS	LIMPER, one that limps (to walk lamely) [n]
LIMPING	GIILMNP	LIMP, to walk lamely [v]
LINDIED	DDEIILN	LINDY, to perform fast, lively dance [v]
LINDIES	DEEILNS	LINDY, to perform fast, lively dance [v]
LIPREAD	ADEILPR	to understand spoken words by interpreting lip movements of speaker [n -READ, -ING, -S]
LISSOME	EILMOSS	lithe (bending easily) [adj]
LITHELY	EHILLTY	LITHE, bending easily [adv]
LITHEST	EHILSTT	LITHE, bending easily [adj]
LOAFING	AFGILNO	place where cattle are allowed to roam freely [n -S]
LOBBERS	BBELORS	LOBBER, one that lobs (to throw or hit in high arc) [n]
LOBBING	BBGILNO	LOB, to throw or hit in high arc [v]
LOCUSTS	CLOSSTU	LOCUST, migratory grasshopper [n]
LOGGIER	EGGILOR	LOGGY, logy (sluggish (displaying little movement or activity)) [adj]
LOGIEST	EGILOST	LOGY, sluggish (displaying little movement or activity) [adj]
LOITERS	EILORST	LOITER, to stand idly about [v]
LOUPING	GILNOPU	LOUP, to leap (to spring off ground) [v]
LUNGERS	EGLNRSU	LUNGER, one that lunges (to make forceful forward movement) [n]
LUNGING	GGILNNU	LUNGE, to make forceful forward movement [v]
LURCHED	CDEHLRU	LURCH, to sway abruptly [v]
LURCHES	CEHLRSU	LURCH, to sway abruptly [v]

## M 7s

MAGLEVS	AEGLMSV	MAGLEV, train using magnets to move above tracks [n]
MALLING	AGILLMN	MALL, to maul (to injure by beating) [v]
MAMBOED	ABDEMMO	MAMBO, to perform ballroom dance [v]
MAMBOES	ABEMMOS	MAMBO, to perform ballroom dance [v]
MARCHED	ACDEHMR	MARCH, to walk in formal military manner [v]
MARCHER	ACEHMRR	one that marches (to walk in formal military manner) [n -S]
MARCHES	ACEHMRS	MARCH, to walk in formal military manner [v]
MASSAGE	AAEGMSS	to manipulate parts of body for remedial or hygienic purposes [v -D, -GING, -S]



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MASSEUR	AEMRSSU	man who massages [n -S]
MAXIXES	AEIMSXX	MAXIXE, Brazilian dance [n]
MAZURKA	AAKMRUZ	Polish dance [n -S]
MEANDER	ADEEMNR	to wander (to move about with no destination or purpose) [v -ED, -ING, -S]
MICHING	CGHIIMN	MICHE, to skulk (to move about stealthily) [v]
MIGRANT	AGIMNRT	one that migrates (to move from one region to another) [n -S]
MIGRATE	AEGIMRT	to move from one region to another [v -D, -TING, -S]
MILINGS	GIILMNS	MILING, activity of running in one-mile race [n]
MILLRUN	ILLMNRU	millrace (current of water that drives mill wheel) [n -S]
MINUETS	EIMNSTU	MINUET, to dance minuet (slow, stately dance) [v]
MISFOLD	DFILMOS	to fold wrongly [v -ED, -ING, -S]
MISKICK	CIIKKMS	to kick badly [v -ED, -ING, -S]
MISMOVE	EIMMOSV	to move wrongly [v -D, -VING, -S]
MISSILE	EIILMSS	object or weapon that is thrown or projected [n -S]
MISSTEP	EIMPSST	to step wrongly [v -PPED, -PPING, -S]
MISSTOP	IMOPSSST	to stop wrongly [v -PPED, -PPING, -S]
MIZZLED	DEILMZZ	MIZZLE, to rain in fine droplets [v]
MIZZLES	EILMSZZ	MIZZLE, to rain in fine droplets [v]
MOGGING	GGGIMNO	MOG, to move away [v]
MOONSET	EMNOOST	setting of moon below horizon [n -S]
MOSEYED	DEEMNOY	MOSEY, to saunter (to walk in leisurely manner) [v]
MOTIONS	IMNOOST	MOTION, to signal by bodily movement [v]
MOTORED	DEMOORT	MOTOR, to travel by automobile [v]
MOTORIC	CIMOORT	pertaining to muscular movement [adj]
MOVABLE	ABELMOV	something that can be moved [n -S]
MOVABLY	ABLMOVY	so as to be capable of being moved [adv]
MUDFLAT	ADFLMTU	level tract alternately covered and left bare by tide [n -S]

## N 7s

NANOBOT	ABNNOOT	very small self-propelled machine [n -S]
NIGHING	GGHIINN	NIGH, to approach (to come near or nearer to) [v]
NIMBLER	BEILMNR	NIMBLE, agile (able to move quickly and easily) [adj]
NODDERS	DDENORS	NODDER, one that nods (to briefly lower head forward) [n]
NODDING	DDGINNO	NOD, to briefly lower head forward [v]
NOMADIC	ACDIMNO	NOMAD, wanderer (one that wanders (to move about with no destination or purpose)) [adj]
NONSTOP	NNOOPST	flight without stop en route [n -S]
NORTHER	EHNORRT	wind or storm from north [n -S]
NUBBERS	BBEMRSU	NUBBER, weakly hit baseball that was not bunted [n]

## O 7s

OBVERTS	BEORSTV	OBVERT, to turn so as to show different surface [v]
ODYSSEY	DEOSSYY	long, wandering journey [n -S]
OILTIGHT	GHIILOTT	being so tight as to prevent passage of oil [adj]
OILWAYS	AILOSWY	OILWAY, channel for passage of oil [n]
ORBITED	BDEIORT	ORBIT, to move or revolve around [v]
ORBITER	BEIORRT	one that orbits (to move or revolve around) [n -S]
ORIENTS	EINORST	ORIENT, to adjust in relation to something else [v]
OUTDRAG	ADGORTU	to surpass in drag racing [v -GGED, -GGING, -S]
OUTDROP	DOOPRTU	to surpass in dropping [v -PPED, -PPING, -S]



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OUTFLEW	EFLOTUW	OUTFLY, to surpass in speed of flight [v]
OUTFOOT	FOOOTTU	to surpass in speed (to move swiftly) [v -ED, -ING, -S]
OUTJUMP	JMOPTTU	to surpass in jumping [v -ED, -ING, -S]
OUTKICK	CIKKOTU	to surpass in kicking [v -ED, -ING, -S]
OUTMOVE	EMOOTUV	to move faster or farther than [v -D, -VING, -S]
OUTPACE	ACEOPTU	to surpass in speed (to move swiftly) [v -D, -CING, -S]
OUTRACE	ACEORTU	to run faster or farther than [v -D, -CING, -S]
OUTROCK	CKOORTU	to surpass in rocking (to move back and forth) [v -ED, -ING, -S]
OUTRUNS	NORSTUU	OUTRUN, to run faster than [v]
OUTRUSH	HORSTUU	to surpass in rushing [v -ED, -ING, -ES]
OUTSAIL	AILOSTU	to sail faster than [v -ED, -ING, -S]
OUTSOAR	AORSTU	to soar beyond [v -ED, -ING, -S]
OUTSTEP	EOPSTTU	to step beyond [v -PPED, -PPING, -S]
OUTSWIM	IMOSTUW	to swim faster or farther than [v -WAM, -WUM, -MMING, -S]
OUTWALK	AKLOTUW	to surpass in walking [v -ED, -ING, -S]
OVERFLY	EFLORVY	to fly over [v -LEW, -LOWN, -ING, -LIES]
OVERING	EGINORV	OVER, to leap above and to other side of [v]
OVERSET	EEORSTV	to turn or tip over [v -SET, -TTING, -S]

## P 7s

PADDLED	ADDDELP	PADDLE, to propel with broad-bladed implement [v]
PADDLER	ADDELPR	one that paddles (to propel with broad-bladed implement) [n -S]
PADDLES	ADDELPS	PADDLE, to propel with broad-bladed implement [v]
PADNAGS	AADGNPS	PADNAG, horse that moves along at easy pace [n]
PAIKING	AGIKNP	PAIK, to beat or strike [v]
PALSIED	ADEILPS	PALSY, to paralyze (to render incapable of movement) [v]
PALSIES	AEILPSS	PALSY, to paralyze (to render incapable of movement) [v]
PARESIS	AEIPRSS	partial loss of ability to move [n -SES]
PARKOUR	AKOPRRU	sport of traversing environmental obstacles by running, climbing, or leaping [n -S]
PASHING	AGHINPS	PASH, to strike violently [v]
PASSADE	AADEPSS	turn of horse backward or forward on same ground [n -S]
PASSANT	AANPSST	walking with farther forepaw raised -- used of heraldic animal [adj]
PAUSERS	AEPRSSU	PAUSER, one that pauses (to stop temporarily) [n]
PAUSING	AGINPSU	PAUSE, to stop temporarily [v]
PAVANES	AAENPSV	PAVANE, pavan (slow, stately dance) [n]
PEAVEYS	AEEPSVY	PEAVEY, lever used to move logs [n]
PEAVIES	AEEIPSV	PEAVY, peavey (lever used to move logs) [n]
PECKERS	CEEKPRS	PECKER, one that pecks (to strike with beak or something pointed) [n]
PECKING	CEGIKNP	PECK, to strike with beak or something pointed [v]
PEENING	EEGINNP	PEEN, to beat with non-flat end of hammerhead [v]
PELLETS	EELLPST	PELLET, to strike with pellets (small rounded masses) [v]
PELTERS	EELPRST	PELTER, to pelt (to strike repeatedly with blows or missiles) [v]
PELTING	EGILNPT	PELT, to strike repeatedly with blows or missiles [v]
PERCUSS	CEPRSSU	to strike with force [v -ED, -ING, -ES]
PIAFFER	AEFFIPR	movement in horsemanship [n -S]
PILGRIM	GIILMPR	to travel to holy place for religious reasons [v -ED, -ING, -S]
PINBALL	ABILLNP	to move abruptly from one place to another [v -ED, -ING, -S]
PINTLES	EILNPST	PINTLE, pin on which something turns [n]



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PITCHED	CDEHIPT	PITCH, to throw (to propel through air with movement of arm) [v]
PITCHES	CEHIPST	PITCH, to throw (to propel through air with movement of arm) [v]
PIVOTED	DEIOPTV	PIVOT, to turn on shaft or rod [v]
PLODDED	DDDELOP	PLOD, to walk heavily [v]
PLODDER	DDELOPR	one that plods (to walk heavily) [n -S]
PLONKED	DEKLNOP	PLONK, to plunk (to fall or drop heavily) [v]
PLOPPED	DELOPPP	PLOP, to drop or fall heavily [v]
PLOYING	GILNOPY	PLOY, to move from line into column [v]
PLUCKED	CDEKLPU	PLUCK, to pull out or off [v]
PLUCKER	CEKLPRU	one that plucks (to pull out or off) [n -S]
PLUMMET	ELMMPTU	to drop straight down [v -ED, -ING, -S]
PLUNGED	DEGLNPU	PLUNGE, to throw or thrust suddenly or forcibly into something [v]
PLUNGER	EGLNPRU	one that plunges (to throw or thrust suddenly or forcibly into something) [n -S]
PLUNGES	EGLNPSU	PLUNGE, to throw or thrust suddenly or forcibly into something [v]
PLUNKED	DEKLNPU	PLUNK, to fall or drop heavily [v]
PLUNKER	EKLNPRU	one that plunks (to fall or drop heavily) [n -S]
POGOING	GGINOOP	POGO, to jump up and down as if on pogo stick [v]
POINTED	DEINOPT	POINT, to indicate direction with finger [v]
POKIEST	EIKOPST	POKY, slow (moving with little speed) [adj]
POLEAXE	AEELOPX	to poleax (to strike with axlike weapon) [v -D, -XING, -S]
POLKAED	ADEKLOP	POLKA, to perform lively dance [v]
POMMELS	ELMMOPS	POMMEL, to strike with fists [v]
POPPLD	DELOPPP	POPPLD, to move in bubbling or rippling manner [v]
POPPLS	ELOPPPS	POPPLS, to move in bubbling or rippling manner [v]
PORTING	GINOPRT	PORT, to shift to left side [v]
POSABLE	ABELOPS	POSE, to assume fixed position [adj]
POUNDED	DDENOPU	POUND, to strike heavily and repeatedly [v]
POUNDER	DENOPRU	one that pounds (to strike heavily and repeatedly) [n -S]
PRANCED	ACDENPR	PRANCE, to spring forward on hind legs [v]
PRANCER	ACENPRR	one that prances (to spring forward on hind legs) [n -S]
PRANCES	ACENPRS	PRANCE, to spring forward on hind legs [v]
PREPOSE	EEOPPRS	to place something in front of another [v -D, -SING, -S]
PROCEED	CDEEOPR	to go forward or onward [v -ED, -ING, -S]
PRODDED	DDDEOPR	PROD, to jab with something pointed [v]
PRODDER	DDEOPRR	one that prods (to jab with something pointed) [n -S]
PRONATE	AENOPRT	to turn palm downward or backward [v -D, -TING, -S]
PROPELS	ELOPPRS	PROPEL, to cause to move forward or onward [v]
PROTEND	DENOPRT	to extend (to stretch out to full length) [v -ED, -ING, -S]
PROWLED	DELOPRW	PROWL, to move about stealthily [v]
PROWLER	ELOPRRW	one that prowls (to move about stealthily) [n -S]
PUMMELS	ELMMPSU	PUMMEL, to pommel (to strike with fists) [v]
PUNCHED	CDEHNPU	PUNCH, to perforate with type of tool [v]
PUNCHER	CEHNPRU	one that punches (to perforate with type of tool) [n -S]
PUNCHES	CEHNPSU	PUNCH, to perforate with type of tool [v]
PUNTERS	ENPRSTU	PUNTER, one that punts (to propel through water with pole) [n]
PUNTING	GINNPTU	PUNT, to propel through water with pole [v]



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QUAKERS	AEKQRSU	QUAKER, one that quakes (to shake or vibrate) [n]
QUAKING	AGIKNQU	QUAKE, to shake or vibrate [v]
QUANTED	ADENQTU	QUANT, to propel through water with pole [v]
QUAVERS	AEQRSUV	QUAVER, to quiver (to shake with slight but rapid motion) [v]
QUICKER	CEIKQRU	QUICK, acting or capable of acting with speed [adj]
QUIRTED	DEIQRTU	QUIRT, to strike with riding whip [v]
QUIVERS	EIQRSUV	QUIVER, to shake with slight but rapid motion [v]

## R 7s

RAFTING	AFGINRT	sport of traveling down river on raft [n -S] / RAFT, to transport on raft (type of buoyant structure) [v]
RAGTIME	AEGIMRT	style of American dance music [n -S]
RAINING	AGIINNRR	RAIN, to fall like rain (drops of water condensed from clouds) [v]
RAISERS	AEIRRSS	RAISER, one that raises (to move to higher position) [n]
RAMBLED	ABDELMR	RAMBLE, to wander (to move about with no destination or purpose) [v]
RAMBLER	ABELMRR	one that rambles (to wander (to move about with no destination or purpose)) [n -S]
RAMBLES	ABELMRS	RAMBLE, to wander (to move about with no destination or purpose) [v]
RAMMERS	AEMMRRS	RAMMER, one that rams (to strike with great force) [n]
RAMMING	AGIMMNR	RAM, to strike with great force [v]
RAMPAGE	AAEGMPR	to move about wildly or violently [v -D, -GING, -S]
RAPPERS	AEPRRS	RAPPER, one that raps (to strike sharply) [n]
RAPPING	AGINPPR	RAP, to strike sharply [v]
RAVIEST	AEIRSTV	RAVEY, characteristic of rave (all-night dance party with fast electronic music) [adj]
REBOUND	BDENORU	to spring back [v -ED, -ING, -S] / REBIND, BIND, to tie or secure [v]
RECARRY	ACERRRY	CARRY, to convey from one place to another [v -RIED, -ING, -RIES]
RECASTS	ACERSST	RECAST, CAST, to throw with force [v]
RECEDED	CDDEEER	RECEDE, to move back or away [v]
RECEDES	CDEEERS	RECEDE, to move back or away [v]
RECURVE	CEERRUV	to curve backward or downward [v -D, -VING, -S]
REDOWAS	ADEORSW	REDOWA, lively dance [n]
REDRAWN	ADENRRW	REDRAW, DRAW, to move by pulling [v]
REDRAWS	ADERRSW	REDRAW, DRAW, to move by pulling [v]
REDRIVE	DEEIRRV	DRIVE, to urge or propel forward [v -ROVE, -N, -VING, -S]
REEJECT	CEEEJRT	EJECT, to throw out forcibly [v -ED, -ING, -S]
REESTED	DEEERST	REEST, to balk (to stop short and refuse to proceed) [v]
REFLECT	CEEFLRT	to turn or throw back from surface [v -ED, -ING, -S]
REFLIES	EEFILRS	REFLY, FLY, to move through air [v]
REFLOWN	EFLNORW	REFLY, FLY, clever (mentally keen) [v]
REFLOWS	EFLORSW	REFLOW, FLOW, to move steadily and smoothly along [v]
REFUGEE	EEEFGRU	one who flees for safety [n -S]
REINING	EGIINNRR	REIN, to restrain (to hold back from action) [v]
REPULSE	EELPRSU	to drive back [v -D, -SING, -S]
RERAISE	AEEIRRS	RAISE, to move to higher position [v -D, -SING, -S]
RERISEN	EEINRRS	RERISE, RISE, to move upward [v]
RERISES	EEIRRSS	RERISE, RISE, to move upward [v]
REROLLS	ELLORRS	REROLL, ROLL, to move along by repeatedly turning over [v]
RESAILS	AEILRSS	RESAIL, SAIL, to move across surface of water by action of wind [v]
RESILED	DEEILRS	RESILE, to spring back [v]
RESILES	EEILRSS	RESILE, to spring back [v]



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RESPACE	ACEEPRS	SPACE, to set some distance apart [v -ED, -ING, -ES]
RETURNS	ENRRSTU	RETURN, to come or go back [v]
RETARDS	ADERRST	RETARD, to slow progress of [v]
REVERSE	EEERRSV	to turn or move in opposite direction [v -D, -SING, -S]
REVOLVE	EELORVV	to turn about axis [v -D, -VING, -S]
REWINDS	DEINRSW	REWIND, WIND, to pass around object or fixed center [v]
REWOUND	DENORUW	REWIND, WIND, to pass around object or fixed center [v]
RHUMBAS	ABHMRSU	RHUMBA, to rumba (to perform ballroom dance) [v]
RHYTHMS	HHMRSTY	RHYTHM, movement or procedure with uniform recurrence of strong and weak elements [n]
RIPOSTE	EIOPRST	to make return thrust in fencing [v -D, -TING, -S]
RISINGS	GIINRSS	RISING, act of one that rises (to move upward) [n]
ROAMERS	AEMORRS	ROAMER, one that roams (to move about without purpose or plan) [n]
ROAMING	AGIMNOR	ROAM, to move about without purpose or plan [v]
ROCKETS	CEKORST	ROCKET, to convey by means of rocket (device propelled by reaction of escaping gases) [v]
ROCKING	CGIKNOR	ROCK, to move back and forth [v]
ROLLICK	CIKLLOR	to frolic (to play and run about merrily) [v -ED, -ING, -S]
ROLLING	GILLNOR	act of one that rolls [n -S] / ROLL, to move along by repeatedly turning over [v]
ROTATED	ADEORTT	ROTATE, to turn about axis [v]
ROTATES	AEORSTT	ROTATE, to turn about axis [v]
ROTATOR	AOORRTT	one that rotates (to turn about axis) [n -ES or -S]
ROUSTED	DEORSTU	ROUST, to arouse and drive out [v]
ROWABLE	ABELORW	ROW, to propel by means of oars [adj]
RUMBAED	ABDEMUR	RUMBA, to perform ballroom dance [v]
RUNAWAY	AANRUWY	one that runs away [n -S]
RUNNERS	ENNRRSU	RUNNER, one that runs (to move by rapid steps) [n]
RUNNIER	EINNRRU	RUNNY, tending to drip [adj]
RUNNING	GINNRRU	race [n -S] / RUN, to move by rapid steps [v]
RUSHERS	EHRSSU	RUSHER, one that rushes (to move swiftly) [n]
RUSHING	GHINRSU	yardage gained in football by running plays [n -S] / RUSH, to move swiftly [v]

## S 7s

SABERED	ABDEERS	SABER, to strike with saber (type of sword) [v]
SABRING	ABGINRS	SABRE, to saber (to strike with saber (type of sword)) [v]
SACCADE	AACCDDES	rapid, jerky movement of eye [n -S]
SAGGIER	AEGGIRS	SAGGY, characterized by sagging [adj]
SAGGING	AGGGINS	SAG, to bend or sink downward from weight or pressure [v]
SAILING	AGIILNS	act of one that sails (to move across surface of water by action of wind) [n -S]
SALCHOW	ACHLOSW	figure-skating jump [n -S]
SALLIED	ADEILLS	SALLY, to rush out suddenly [v]
SALLIER	AEILLRS	one that sallies (to rush out suddenly) [n -S]
SALLIES	AEILLSS	SALLY, to rush out suddenly [v]
SALTANT	AALNSTT	jumping or dancing [adj]
SAMBAED	AABDEMS	SAMBA, to perform Brazilian dance [v]
SARDANA	AAADNRS	Spanish folk dance [n -S]
SASHAYS	AAHSSSY	SASHAY, to flounce (to move with exaggerated motions) [v]
SAUNTER	AENRSTU	to walk in leisurely manner [v -ED, -ING, -S]
SCAMPER	ACEMPRS	to run playfully about [v -ED, -ING, -S]
SCARPER	ACEPRRS	to flee (to run away) [v -ED, -ING, -S]





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SCATTER	ACERSTT	to go or send in various directions [v -ED, -ING, -S]
SCENDED	CDDEENS	SCEND, to rise upward, as ship on wave [v]
SCHLEPP	CEHLPPS	to schlep (to lug or drag) [v -ED, -ING, -S] / [adj -ER]
SCHLEPS	CEHLPSS	SCHLEP, to lug or drag [v]
SCLAFFS	ACFFLSS	SCLAFF, to strike ground with club before hitting ball in golf [v]
SCOOTCH	CCHOOST	to scooch (to slide with short movements) [v -ED, -ING, -ES]
SCRAVEL	ACELRSV	to move quickly, scramble [v -ED or -LLED, -ING or -LLING, -S]
SCRIEVE	CEEIRSV	to move along swiftly and smoothly [v -D, -VING, -S]
SCROLLS	CLLORSS	SCROLL, to move text across display screen [v]
SCROOCH	CCHOORS	to crouch (to stoop (to bend body forward and down)) [v -ED, -ING, -ES]
SCUBAED	ABCDESU	SCUBA, to swim underwater using breathing device with compressed air [v]
SCUDDER	CDDDESU	SCUD, to run or move swiftly [v]
SCUFFED	CDEFFSU	SCUFF, to walk without lifting feet [v]
SCUFFER	CEFFRSU	one that scuffs (to walk without lifting feet) [n -S]
SCULKED	CDEKLSU	SCULK, to skulk (to move about stealthily) [v]
SCULKER	CEKLRSU	skulker (one that skulks (to move about stealthily)) [n -S]
SCULLED	CDELLSU	SCULL, to propel with type of oar [v]
SCULLER	CELLRSU	one that sculls (to propel with type of oar) [n -S]
SCUTTER	CERSTTU	to scurry (to move hurriedly) [v -ED, -ING, -S]
SCUTTLE	CELSTTU	to scurry (to move hurriedly) [v -D, -LING, -S]
SEDATER	ADEERST	SEDATE, calm (free from agitation) [adj]
SEESAWS	AEESSWW	SEESAW, to move up and down or back and forth [v]
SHAFTED	ADEFHST	SHAFT, to push or propel with pole [v]
SHAKERS	AEHKRSS	SHAKER, one that shakes (to move to and fro with short, rapid movements) [n]
SHAKING	AGHIKNS	SHAKE, to move to and fro with short, rapid movements [v]
SHAMBLE	ABEHLMS	to walk awkwardly [v -D, -LING, -S]
SHEERED	DEEEHRS	SHEER, to swerve (to turn aside suddenly from straight course) [v]
SHIFTED	DEFHIST	SHIFT, to move from one position to another [v]
SHIFTER	EFHIRST	one that shifts (to move from one position to another) [n -S]
SHINDIG	DGHIINS	elaborate dance or party [n -S]
SHINDYS	DHINSSY	SHINDY, shindig (elaborate dance or party) [n]
SHINNED	DEHINNS	SHIN, to climb by gripping and pulling alternately with hands and legs [v]
SHLEPPS	EHLPPSS	SHLEPP, to schlep (to lug or drag) [v]
SHOGGED	DEGGHOS	SHOG, to move along [v]
SHOOING	GHIINOOS	SHOO, to drive away [v]
SHOVERS	EHORSSV	SHOVER, one that shoves (to push roughly) [n]
SHOVING	GHINOSV	SHOVE, to push roughly [v]
SHUDDER	DDEHRSU	to tremble (to shake involuntarily) [v -ED, -ING, -S]
SHUFFLE	EFFHLSU	to walk without lifting feet [v -D, -LING, -S]
SHUNTED	DEHNSTU	SHUNT, to turn aside [v]
SHUNTER	EHNRSU	one that shunts (to turn aside) [n -S]
SHUTING	GHINSTU	SHUTE, to chute (to convey by chute (vertical passage)) [v]
SHUTTLE	EHLSTTU	to move or travel back and forth [v -D, -LING, -S]
SIDLERS	DEILRSS	SIDLER, one that sidles (to move sideways) [n]
SIDLING	DGIILNS	SIDLE, to move sideways [v]
SINKERS	EIKNRSS	SINKER, one that sinks (to move to lower level) [n]
SINKING	GIIKNNS	SINK, to move to lower level [v]



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SJAMBOK	ABJKMOS	to strike with whip used in South Africa [v -ED, -ING, -S]
SKANKED	ADEKKNS	SKANK, to dance in loose-limbed manner [v]
SKANKER	AEKKNRS	one that skanks (to dance in loose-limbed manner) [n -S]
SKATERS	AEKRSST	SKATER, one that skates (to glide over ice or ground on skates (shoes fitted with runners or wheels)) [n]
SKATING	AGIKNST	sport of gliding on skates [n -S] / SKATE, to glide over ice or ground on skates (shoes fitted with runners or wheels) [v]
SKEEING	EEGIKNS	SKEE, to ski (to travel on skis (long, narrow strips of wood or metal)) [v]
SKELPED	DEEKLPS	SKELP, to slap (to strike with open hand) [v]
SKELPIT	EIKLPST	SKELP, to slap (to strike with open hand) [v]
SKELTER	EEKLRST	to scurry (to move hurriedly) [v -ED, -ING, -S]
SKEWING	EGIKNSW	SKEW, to turn aside [v]
SKIDDED	DDDEIKS	SKID, to slide sideways as result of loss of traction [v]
SKIDDER	DDEIKRS	one that skids (to slide sideways as result of loss of traction) [n -S]
SKIDPAD	ADDIKPS	road surface on which drivers can practice controlling skidding [n -S]
SKIINGS	GIIKNSS	SKIING, sport of traveling on skis [n]
SKIPPED	DEIKPPS	SKIP, to move with light springing steps [v]
SKIRRED	DEIKRRS	SKIRR, to move rapidly [v]
SKITING	GIIKNST	SKITE, to move away quickly [v]
SKITTER	EIKRSTT	to move lightly or rapidly along surface [v -ED, -ING, -S]
SKULKED	DEKKLSU	SKULK, to move about stealthily [v]
SKULKER	EKKLRSU	one that skulks (to move about stealthily) [n -S]
SKYLARK	AKKLRYS	to frolic (to play and run about merrily) [v -ED, -ING, -S]
SKYWALK	AKKLSWY	elevated walkway between two buildings [n -S]
SLABBER	ABELRS	to slobber (to drool (to drivel (to let saliva flow from mouth))) [v -ED, -ING, -S]
SLALOMS	ALLMOSS	SLALOM, to ski in zigzag course [v]
SLAPPED	ADELPPS	SLAP, to strike with open hand [v]
SLAPPER	AELPPRS	one that slaps (to strike with open hand) [n -S]
SLEDDED	DDDEELS	SLED, to convey on sled (vehicle for carrying people or loads over snow or ice) [v]
SLEDDER	DDEELRS	one that sleds (to convey on sled (vehicle for carrying people or loads over snow or ice)) [n -S]
SLEDGED	DDEEGLS	SLEDGE, to convey on type of sled [v]
SLEDGES	DEEGLSS	SLEDGE, to convey on type of sled [v]
SLEWING	EGILNSW	SLEW, to slue (to cause to move sideways) [v]
SLIDDEN	DDEILNS	SLIDE, to move smoothly along surface [v]
SLIDERS	DEILRSS	SLIDER, one that slides (to move smoothly along surface) [n]
SLIDING	DGIILNS	SLIDE, to move smoothly along surface [v]
SLINGER	EGILNRS	one that slings (to throw with sudden motion) [n -S]
SLINKED	DEIKLNS	SLINK, to move stealthily [v]
SLITHER	EHILRST	SLITHER, to slide from side to side [v -ED, -ING, -S]
SLOGGED	DEGGLOS	SLOG, to plod (to walk heavily) [v]
SLOGGER	EGGLORS	one that slogs (to plod (to walk heavily)) [n -S]
SLOSHED	DEHLOSS	SLOSH, to move with splashing motion [v]
SLOSHES	EHLOSSS	SLOSH, to move with splashing motion [v]
SLOUCHY	CHLOSUY	slouching [adj -HIER, -HIEST]
SLOWEST	ELOSSTW	SLOW, moving with little speed [adj]
SLOWING	GILNOSW	SLOW, to lessen speed of [v]
SLUGGED	DEGGLSU	SLUG, to strike heavily [v]
SLUGGER	EGGLRSU	one that slugs (to strike heavily) [n -S]
SMACKED	ACDEKMS	SMACK, to strike sharply [v]



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SMACKER	ACEKMRS	one that smacks (to strike sharply) [n -S]
SMILERS	EILMRSS	SMILER, one that smiles (to upturn corners of mouth in pleasure) [n]
SMILING	GIILMNS	SMILE, to upturn corners of mouth in pleasure [v]
SMITERS	EIMRSST	SMITER, one that smites (to strike heavily) [n]
SMITING	GIIMNST	SMITE, to strike heavily [v]
SMITTEN	EIMNSTT	SMITE, to strike heavily [v]
SNAILED	ADEILNS	SNAIL, to move slowly [v]
SNAKING	AGIKNNS	SNAKE, to move like snake (limbless reptile) [v]
SNARLED	ADELNRS	SNARL, to growl viciously [v]
SNARLER	AELNRRS	one that snarls (to growl viciously) [n -S]
SNEAKED	ADEEKNS	SNEAK, to move stealthily [v]
SNEAKER	AEEKNRS	one that sneaks (to move stealthily) [n -S]
SNORKEL	EKLNORS	to swim underwater with type of breathing device [v -ED or -LLED, -ING or -LLING, -S]
SOARERS	AEORRSS	SOARER, one that soars (to fly at great height) [n]
SOARING	AGINORS	sport of flying in heavier-than-air craft without power [n -S] / SOAR [v]
SOCKING	CGIKNOS	SOCK, to strike forcefully [v]
SOUKOUS	KOOSSUU	dance music in Democratic Republic of Congo [n -ES]
SOUTHED	DEHOSTU	SOUTH, to move toward south (cardinal point of compass) [v]
SOUTHER	EHORSTU	wind or storm from south [n -S]
SPACERS	ACEPRSS	SPACER, one that spaces (to set some distance apart) [n]
SPARGER	AEGPRRS	one that sparges (to sprinkle (to scatter drops or particles on)) [n -S]
SPARGES	AEGPRSS	SPARGE, to sprinkle (to scatter drops or particles on) [v]
SPASMED	ADEMPSS	SPASM, to undergo involuntary muscular contraction [v]
SPATTED	ADEPSTT	SPAT, to strike lightly [v]
SPATTER	AEPRSTT	to scatter in drops [v -ED, -ING, -S]
SPEEDED	DDEEEPS	SPEED, to move swiftly [v]
SPEEDER	DEEEPRS	one that speeds (to move swiftly) [n -S]
SPEELED	DEEELPS	SPEEL, to climb (to ascend (to go or move upward)) [v]
SPEILED	DEEILPS	SPEIL, to speil (to climb (to ascend (to go or move upward))) [v]
SPIRALS	AILPRSS	SPIRAL, to move like spiral (type of plane curve) [v]
SPRIEST	EIPRSST	SPRY, nimble (agile (able to move quickly and easily)) [adj]
SPRINGS	GINPRSS	SPRING, to move upward suddenly and swiftly [v]
SPRINTS	INPRSST	SPRINT, to run at top speed [v]
SPRYEST	EPRSSTY	SPRY, nimble (agile (able to move quickly and easily)) [adj]
SQUIRMS	IMQRSSU	SQUIRM, to wriggle (to turn or twist in sinuous manner) [v]
STABLER	ABELRST	STABLE, resistant to sudden change or position or condition [adj]
STAGGER	AEGGRST	to walk or stand unsteadily [v -ED, -ING, -S]
STALLED	ADELLST	STALL, to stop progress of [v]
STALLING	AGILLNST	STALL, to stop progress of [v]
STAMMER	AEMMRST	to speak with involuntary breaks and pauses [v -ED, -ING, -S]
STATORS	AORSSTT	STATOR, part of machine about which rotor revolves [n]
STAUNCH	ACHNSTU	to stanch (to stop flow of blood from) [v -ED, -ING, -ES]
STAVING	AGINSTV	STAVE, to drive or thrust away [v]
STEAMER	AEMMRST	to travel by steamship [v -ED, -ING, -S]
STEPPED	DEEPPST	STEP, to move by lifting foot and setting it down in another place [v]
STEPPER	EEPPRST	one that steps (to move by lifting foot and setting it down in another place) [n -S]
STIRRED	DEIRRST	STIR, to pass implement through in circular motions [v]



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STIRRER	EIRRRST	one that stirs (to pass implement through in circular motions) [n -S]
STOOPEO	DEOOPST	STOOP, to bend body forward and down [v]
STOOPER	EOOPRST	one that stoops (to bend body forward and down) [n -S]
STOPPED	DEOPPST	STOP, to discontinue progress or motion of [v]
STRAYED	ADERSTY	STRAY, to wander from proper area or course [v]
STRAYER	AERRSTY	one that strays (to wander from proper area or course) [n -S]
STREEKS	EKRSST	STREEK, to stretch (to draw out or open to full length) [v]
STREELS	EELRSST	STREEL, to saunter (to walk in leisurely manner) [v]
STRIDER	DEIRRST	one that strides (to walk with long steps) [n -S]
STRIDES	DEIRSSST	STRIDE, to walk with long steps [v]
STRIKER	EIKRRST	one that strikes (to hit forcibly) [n -S]
STRIKES	EIKRSST	STRIKE, to hit forcibly [v]
STROLLS	LLORSST	STROLL, to walk in leisurely manner [v]
STRUNTS	NRSSTTU	STRUNT, to strut (to walk with pompous air) [v]
STUBBED	BBDESTU	STUB, to strike accidentally against projecting object [v]
STUMBLE	BELMSTU	to miss one's step in walking or running [v -D, -LING, -S]
SUCCUSS	CCSSSUU	to shake violently [v -ED, -ING, -ES]
SUNRISE	EINRSSU	ascent of sun above horizon in morning [n -S]
SUNSETS	ENSSSTU	SUNSET, descent of sun below horizon in evening [n]
SURGERS	EGRRSSU	SURGER, one that surges (to move in swelling manner) [n]
SURGING	GGINRSU	SURGE, to move in swelling manner [v]
SUSPEND	DENPSSU	to cause to stop for period [v -ED, -ING, -S]
SWAGGED	ADEGGSW	SWAG, to sway (to move slowly back and forth) [v]
SWAGGER	AEGGRSW	to walk with pompous air [v -ED, -ING, -S]
SWANKED	ADEKNSW	SWANK, to swagger (to walk with pompous air) [v]
SWARMED	ADEMRSW	SWARM, to move in large group [v]
SWARMER	AEMRRSW	one that swarms (to move in large group) [n -S]
SWASHED	ADEHSSW	SWASH, to swagger (to walk with pompous air) [v]
SWASHER	AEHRSSW	one that swashes (to swagger (to walk with pompous air)) [n -S]
SWASHES	AEHSSSW	SWASH, to swagger (to walk with pompous air) [v]
SWAYERS	AERSSWY	SWAYER, one that sways (to move slowly back and forth) [n]
SWAYING	AGINSWY	SWAY, to move slowly back and forth [v]
SWEEPER	EEPRSW	one that sweeps (to clear or clean with brush or broom) [n -S]
SWIMMER	EIMMRSW	one that swims (to propel oneself in water by natural means) [n -S]
SWINGBY	BGINSWY	mission in which spacecraft uses planet's gravitational pull for making course changes [n -S]
SWINGED	DEGINSW	SWINGE, to flog (to beat with whip or rod) [v]
SWINGER	EGINRSW	one that swings (to move freely back and forth) [n -S]
SWINGES	EGINSSW	SWINGE, to flog (to beat with whip or rod) [v]
SWERVED	DEERSVW	SWERVE, to turn aside suddenly from straight course [v]
SWERVER	EERRSVW	one that swerves (to turn aside suddenly from straight course) [n -S]
SWERVES	EERSSVW	SWERVE, to turn aside suddenly from straight course [v]
SWINGLE	EGILNSW	SWINGLE, to scutch (to separate woody fiber from by beating) [v -D, -LING, -S]
SWIPERS	EIPRSSW	SWIPER, one that swipes (to strike with sweeping blow) [n]
SWIPING	GIINPSW	SWIPE, to strike with sweeping blow [v]
SWIRLED	DEILRSW	SWIRL, to move with whirling motion [v]
SWISHED	DEHISSW	SWISH, to move with prolonged hissing sound [v]
SWISHER	EHIRSSW	one that swishes (to move with prolonged hissing sound) [n -S]



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SWISHES	EHISSSW	SWISH, to move with prolonged hissing sound [v]
SWIVELS	EILSSVW	SWIVEL, to turn on pivoted support [v]
SYSTOLE	ELOSSTY	normal rhythmic contraction of heart [n -S]
<b>T 7s</b>		
TACKLED	ADECKLT	TACKLE, to seize and throw to ground [v]
TACKLER	ACEKLRT	one that tackles (to seize and throw to ground) [n -S]
TACKLES	ACEKLST	TACKLE, to seize and throw to ground [v]
TACTION	ACINOTT	act of touching (to be in or come into contact with) [n -S]
TANGOED	ADEGNOT	TANGO, to perform Latin American dance [v]
TANGOES	AEGNOST	TANGO, to perform Latin American dance [v]
TAPPERS	AEPPRST	TAPPER, one that taps (to strike gently) [n]
TAPPETS	AEPPSTT	TAPPET, sliding rod that causes another part of mechanism to move [n]
TAPPING	AGINPPT	TAP, to strike gently [v]
TARDYON	ADNORTY	subatomic particle that travels slower than speed of light [n -S]
TEETERS	EEERSTT	TEETER, to move unsteadily [v]
THROWER	EHORRTW	one that throws (to propel through air with movement of arm) [n -S]
THUMPED	DEHMPTU	THUMP, to strike so as to make dull, heavy sound [v]
THUMPER	EHMPRTU	one that thumps (to strike so as to make dull, heavy sound) [n -S]
THWACKS	ACHKSTW	THWACK, to strike with something flat [v]
TICING	CCGIINT	TIC, to have involuntary muscular contraction [v]
TIPTOED	DEIOPTT	TIPTOE, to walk on tips of one's toes [v]
TIPTOES	EIOPSTT	TIPTOE, to walk on tips of one's toes [v]
TITTUPS	IPSTTTU	TITTUP, to move in lively manner [v]
TODDLED	DDDELOT	TODDLE, to walk unsteadily [v]
TODDLER	DDELORT	one that toddles (to walk unsteadily) [n -S]
TODDLES	DDELOST	TODDLE, to walk unsteadily [v]
TOITING	GIINOTT	TOIT, to saunter (to walk in leisurely manner) [v]
TOPSPIN	INOPPST	forward spin imparted to ball [n -S]
TORPEFY	EFOPRTY	to make sluggish (displaying little movement or activity) [v -FIED, -ING, -FIES]
TOSSERS	EORSSST	TOSSER, one that tosses (to throw lightly) [n]
TOSSING	GINOSST	TOSS, to throw lightly [v]
TOTTERS	EORSTTT	TOTTER, to walk unsteadily [v]
TOURING	GINORTU	cross-country skiing for pleasure [n -S] / TOUR, to travel from place to place [v]
TRAIKED	ADEIKRT	TRAIK, to trudge (to walk tiredly) [v]
TRAILED	ADEILRT	TRAIL, to drag along surface [v]
TRAIPESE	AEIPRST	to walk about in idle or aimless manner [v -D, -SING, -S]
TRAMELL	AELLMRT	to trammel (to hinder (to impede (to obstruct progress of))) [v -ED, -ING, -S]
TRAMELS	AELMRST	TRAMEL, to trammel (to hinder (to impede (to obstruct progress of))) [v]
TRAMMED	ADEMMRT	TRAM, to convey in tramcar [v]
TRAMMEL	AELMMRT	to hinder (to impede (to obstruct progress of)) [v -ED or -LLED, -ING or -LLING -S]
TRAMPED	ADEMPRT	TRAMP, to walk with firm, heavy step [v]
TRAMPER	AEMPRRT	one that tramps (to walk with firm, heavy step) [n -S]
TRANSIT	AINRSTT	to pass across or through [v -ED, -ING, -S]
TRAVELS	AELRSTV	TRAVEL, to go from one place to another [v]
TREADED	ADDEERT	TREAD, to walk on, over, or along [v]
TREADER	ADEERTT	one that treads (to walk on, over, or along) [n -S]
TREKKED	DEEKKRT	TREK, to make slow or arduous journey [v]



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TREKKER	EEKRRT	one that treks (to make slow or arduous journey) [n -S]
TREMBLE	BEELMRT	to shake involuntarily [v -D, -LING, -S]
TREMORS	EMORRST	TREMOR, shaking movement [n]
TRICKLE	CEIKLRT	to flow or fall in drops [v -D, -LING, -S]
TRINDLE	DEILNRT	to trundle (to propel by causing to rotate) [v -D, -LING, -S]
TRIPPED	DEIPPRT	TRIP, to stumble (to miss one's step in walking or running) [v]
TRIPPER	EIPPRRT	one that trips (to stumble (to miss one's step in walking or running)) [n -S]
TRODDEN	DDENORT	TREAD, to walk on, over, or along [v]
TROLLEY	ELLORTY	to convey by streetcar [v -ED, -ING, -S]
TROMPED	DEMOPRT	TROMP, to tramp (to walk with firm, heavy step) [v]
TROOPED	DEOOPRT	TROOP, to move or gather in crowds [v]
TROTTED	DEORTTT	TROT, to go at gait between walk and run [v]
TRUDGED	DEGRTTU	TRUDGE, to walk tiredly [v]
TRUDGEN	DEGNRTU	swimming stroke [n -S]
TRUDGER	DEGRRTU	one that trudges (to walk tiredly) [n -S]
TRUDGES	DEGRSTU	TRUDGE, to walk tiredly [v]
TRUNDLE	DELNRTU	to propel by causing to rotate [v -D, -LING, -S]
TUMBLER	BDELMTU	TUMBLE, to fall or roll end over end [v]
TUMBLES	EBLMRTU	one that tumbles (to fall or roll end over end) [n -S]
TUMBLES	BELMSTU	TUMBLE, to fall or roll end over end [v]
TURNERS	ENRRSTU	TURNER, one that turns (to move around central point) [n]
TURNING	GINNRTU	rotation about axis [n -S] / TURN, to move around central point [v]
TWEEZED	DEEETWZ	TWEEZE, to pluck with tweezer [v]
TWEEZES	EEESTWZ	TWEEZE, to pluck with tweezer [v]
TWERKED	DEEKRTW	TWERK, to dance in particular style originating in New Orleans [v]
TWIRLED	DEILRTW	TWIRL, to rotate rapidly [v]
TWIRLER	EILRRTW	one that twirls (to rotate rapidly) [n -S]

## U 7s

UNAGILE	AEGILNU	AGILE, able to move quickly and easily [adj]
UNDOCKS	CDKONSU	UNDOCK, to move away from dock [v]
UNMOVED	DEMNOUV	MOVE, to change from one position to another [adj]
UNRISEN	EINNRSU	RISE, to move upward [adj]
UPDARTS	ADPRSTU	UPDART, to dart up [v]
UPDIVED	DDEIPUV	UPDIVE, to spring upward [v]
UPDIVES	DEIPSUV	UPDIVE, to spring upward [v]
UPDRAFT	ADFPRTU	upward movement of air [n -S]
UPHEAVE	AEEHPUV	to heave up [v -D or -HOVE, -VING, -S]
UPRIGHT	GHIPRTU	to make vertical [v -ED, -ING, -S]
UPSHIFT	FHIPSTU	to shift into higher gear [v -ED, -ING, -S]
UPSOARS	APORSSU	UPSOAR, to soar upward [v]
UPSTART	APRSTTU	to spring up suddenly [v -ED, -ING, -S]
UPSTEPS	EPPSSTU	UPSTEP, to step up [v]
UPSTIRS	IPRSSTU	UPSTIR, to stir up [v]
UPSWING	GINPSUW	to swing upward [v -WUNG, -ING, -S]
UPTHROW	HOPRTUW	to throw upward [v -REW, -N, -ING, -S]
UPTILTS	ILPSTTU	UPTILT, to tilt upward [v]
UPTURNS	NPRSTUU	UPTURN, to turn up or over [v]



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URETERS	EERRSTU	URETER, duct that conveys urine from kidney to bladder [n]
<b>V 7s</b>		
VAGRANT	AAGNRTV	wanderer with no apparent means of support [n -S]
VAROOMS	AMOORSV	VAROOM, to vroom (to run engine at high speed) [v]
VAULTER	AELRTUV	one that leaps (to spring off ground) [n -S]
VEERING	EEGINRV	VEER, to change direction [v]
VEHICLE	CEEHILV	device used as means of conveyance [n -S]
VERGING	EGGINRV	VERGE, to come near [v]
VESSELS	EELSSSV	VESSEL, craft for traveling on water [n]
VIATORS	AIORSTV	VIATOR, traveler (one that travels (to go from one place to another)) [n]
VIBRATE	ABEIRTV	to move back and forth rapidly [v -D, -TING, -S]
VIFFING	FFGIINV	VIFF, to change direction abruptly of vertical take-off aircraft [v]
VOGUING	GGINOUV	dance consisting of series of styled poses [n -S]
VOLLEYS	ELLOSVY	VOLLEY, to return tennis ball before it touches ground [v]
VOLTING	GILNOTV	VOLT, to make quick movement in fencing to avoid thrust [v]
VOYAGED	ADEGOVY	VOYAGE, to travel (to go from one place to another) [v]
VOYAGER	AEGORVY	one that voyages (to travel (to go from one place to another)) [n -S]
VOYAGES	AEGOSVY	VOYAGE, to travel (to go from one place to another) [v]
VROOMED	DEMOORV	VROOM, to run engine at high speed [v]
<b>W 7s</b>		
WABBLED	ABBDELW	WABBLE, to wobble (to move unsteadily) [v]
WABBLER	ABBELRW	one that wobbles (to wobble (to move unsteadily)) [n -S]
WABBLES	ABBELSW	WABBLE, to wobble (to move unsteadily) [v]
WADDIED	ADDDEIW	WADDY, to strike with thick club [v]
WADDIES	ADDEISW	WADDY, to strike with thick club [v] / WADDIE, cowboy [n]
WADDLED	ADDDELW	WADDLE, to walk with short, swaying steps [v]
WADDLER	ADDELRW	one that waddles (to walk with short, swaying steps) [n -S]
WADDLES	ADDELWS	WADDLE, to walk with short, swaying steps [v]
WAFFING	AFFGINW	WAFF, to wave (to move freely back and forth or up and down) [v]
WAGGERS	AEGGRSW	WAGGER, one that wags (to move briskly up and down or to and fro) [n]
WAGGING	AGGGINW	WAG, to move briskly up and down or to and fro [v]
WAGGLED	ADEGGLW	WAGGLE, to wag (to move briskly up and down or to and fro) [v]
WAGGLES	AEGGLSW	WAGGLE, to wag (to move briskly up and down or to and fro) [v]
WAGGONS	AGGNOSW	WAGGON, to wagon (to convey by wagon (four-wheeled, horse-drawn vehicle)) [v]
WAGONED	ADEGNOW	WAGON, to convey by wagon (four-wheeled, horse-drawn vehicle) [v]
WAGONER	AEGNORW	one who drives wagon [n -S]
WALKERS	AEKLRWS	WALKER, one that walks (to advance on foot) [n]
WALKING	AGIKLNW	act of one that walks [n -S] / WALK, to advance on foot [v]
WALLEYS	AELLSWY	WALLEY, type of jump in figure skating [n]
WALTZER	AELRTWZ	one that waltzes (to perform ballroom dance) [n -S]
WALTZES	AELSTWZ	WALTZ, to perform ballroom dance [v]
WAMBLED	ABDELMW	WAMBLE, to move unsteadily [v]
WAMBLES	ABELMSW	WAMBLE, to move unsteadily [v]
WAMPISH	AHIMPSW	to throw about [v -ED, -ING, -ES]
WANDERS	ADENRSW	WANDER, to move about with no destination or purpose [v]
WARDING	ADGINRW	WARD, to turn aside [v]
WARPAGE	AAEGPRW	act of warping (to turn or twist out of shape) [n -S]



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WARPERS	AEPRRSW	WAPER, one that warps (to turn or twist out of shape) [n]
WARPING	AGINPRW	WARP, to turn or twist out of shape [v]
WASHOUT	AHOSTUW	erosion of earth by action of water [n -S]
WAVERED	ADEERVW	WAVER, to move back and forth [v]
WAVERER	AEERRVW	one that wavers (to move back and forth) [n -S]
WESTERS	EERSSTW	WESTER, to move toward west [v]
WESTING	EGINSTW	shifting west [n -S]
WHACKED	ACDEHKW	WHACK, to strike sharply [v]
WHACKER	ACEHKRW	one that whacks (to strike sharply) [n -S]
WHAPPED	ADEHPPW	WHAP, to whop (to strike forcibly) [v]
WHEELED	DEEEHLW	WHEEL, to convey on wheels (circular frames designed to turn on axis) [v]
WHEELER	EEEHLRW	one that wheels (to convey on wheels (circular frames designed to turn on axis)) [n -S]
WHIDDED	DDDEHIW	WHID, to move rapidly and quietly [v]
WHIFFED	DEEFHIW	WHIFF, to blow or convey with slight gusts of air [v]
WHIFFER	EFFHIRW	one that whiffs (to blow or convey with slight gusts of air) [n -S]
WHIFFLE	EFFHILW	to move or think erratically [v -D, -LING, -S]
WHIPPED	DEHIPPW	WHIP, to strike with whip (instrument for administering corporal punishment) [v]
WHIPPER	EHIPPRW	one that whips (to strike with whip (instrument for administering corporal punishment)) [n -S]
WHIRLED	DEHILRW	WHIRL, to revolve rapidly [v]
WHIRLER	EHILRRW	one that whirls (to revolve rapidly) [n -S]
WHIRRED	DEHIRRW	WHIR, to move with buzzing sound [v]
WHISHED	DEHHISW	WHISH, to move with hissing sound [v]
WHISHES	EHHISSW	WHISH, to move with hissing sound [v]
WHISKED	DEHIKSW	WHISK, to move briskly [v]
WHIZZED	DEHIWZZ	WHIZ, to move with buzzing or hissing sound [v]
WHIZZER	EHIRWZZ	one that whizzes (to move with buzzing or hissing sound) [n -S]
WHIZZES	EHISWZZ	WHIZ, to move with buzzing or hissing sound [v]
WHOPPED	DEHOPPW	WHOP, to strike forcibly [v]
WHUMPED	DEHMPUW	WHUMP, to thump (to strike so as to make dull, heavy sound) [v]
WIDDLED	DDDEILW	WIDDLE, to wriggle (to turn or twist in sinuous manner) [v]
WIDDLES	DDEILSW	WIDDLE, to wriggle (to turn or twist in sinuous manner) [v]
WIGGLED	DEGGILW	WIGGLE, to move with short, quick movements from side to side [v]
WIGGLER	EGGILRW	one that wiggles (to move with short, quick movements from side to side) [n -S]
WIGGLES	EGGILSW	WIGGLE, to move with short, quick movements from side to side [v]
WIGWAGS	AGGISWW	WIGWAG, to move back and forth [v]
WINDERS	DEINRSW	WINDER, one that winds (to pass around object or fixed center) [n]
WINDING	DGIINNW	WIND, to pass around object or fixed center [v]
WINDLED	DDEILNW	WINDLE, to wind (to pass around object or fixed center) [v]
WINDLES	DEILNSW	WINDLE, to wind (to pass around object or fixed center) [v]
WINTLED	DEILNTW	WINTLE, to stagger (to walk or stand unsteadily) [v]
WINTLES	EILNSTW	WINTLE, to stagger (to walk or stand unsteadily) [v]
WOBBLED	BBDELOW	WOBBLE, to move unsteadily [v]
WOBLER	BBELOW	one that wobbles (to move unsteadily) [n -S]
WOBBLES	BBELOW	WOBBLE, to move unsteadily [v]
WOOSHED	DEHOOSW	WOOSH, to whoosh (to move with hissing sound) [v]
WOOSHES	EHOOSW	WOOSH, to whoosh (to move with hissing sound) [v]
WRIGGLE	EGGILRW	to turn or twist in sinuous manner [v -D, -LING, -S]





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## X 7s

## Y 7s

YACHTED ACDEHTY YACHT, to sail in yacht (vessel used for pleasure cruising or racing) [v]

## Z 7s

ZAGGING AGGGINZ ZAG, to turn sharply [v]  
ZAPATEO AAEOPTZ Spanish dance [n -S]  
ZIGGING GGGIINZ ZIG, to turn sharply [v]  
ZINGING GGIINNZ ZING, to move with high-pitched humming sound [v]  
ZIPPING GIINPPZ ZIP, to move with speed and vigor [v]  
ZOOMING GIMNOOZ ZOOM, to move with loud humming sound [v]  
ZOONING GINNOOZ ZOON, to zoom (to move with loud humming sound) [v]