



Where The Action Is

ALL 8-LETTER VERBS (a word that conveys an action, an occurrence, or a state of being)
compiled by Jacob Cohen, Asheville Scrabble Club *(updated to NASPA Word List 2018)*

All Verb 8s- U

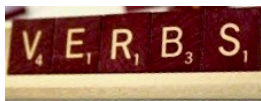
UGLIFIED	DEFGIILU	UGLIFY, to make ugly [v]
UGLIFIES	EFGIILSU	UGLIFY, to make ugly [v]
ULCERATE	ACEELRTU	to ulcer (to affect with ulcer (type of lesion)) [v -D, -TING, -S]
ULCERING	CEGILNRU	ULCER, to affect with ulcer (type of lesion) [v]
ULTIMATE	AEILMTTU	to come to end [v -D, -TING, -S]
ULULATED	ADELLTUU	ULULATE, to howl (to cry like dog) [v]
ULULATES	AELLSTUU	ULULATE, to howl (to cry like dog) [v]
UMBERING	BEGINNRU	UMBER, to color with brown pigment [v]
UMBRELLA	ABELLMRU	to provide with umbrella (portable cover for protection from rain or sun) [v -ED, -ING, -S]
UMLAUTED	ADELMTUU	UMLAUT, to modify vowel sound by partial assimilation to succeeding sound [v]
UMPIRING	GIIMNPRU	UMPIRE, to act as umpire (person appointed to rule on plays in game) [v]
UNANCHOR	ACHNNORU	to loosen from anchor [v -ED, -ING, -S]
UNARMING	AGIMNNRU	UNARM, to disarm (to deprive of weapons) [v]
UNBALING	ABGILNNU	UNBALE, to loosen from compressed bundle [v]
UNBANNED	ABDENNNU	UNBAN, to remove prohibition against [v]
UNBARRED	ABDENRRU	UNBAR, to remove bar from [v]
UNBEARED	ABDEENRU	UNBEAR, to free from pressure of rein [v]
UNBELTED	BDEELNTU	UNBELT, to remove belt of [v]
UNBENDED	BDDEENNU	UNBEND, to make or allow to become straight [v]
UNBLINDS	BDILNNSU	UNBLIND, to free from blindness or illusion [v]
UNBLOCKS	BCKLNOSU	UNBLOCK, to free from being blocked [v]
UNBOLTED	BDELNOTU	UNBOLT, to open by withdrawing bolt (metal bar) [v] -ED, -ING, -S]
UNBONNET	BENNNOTU	to uncover head [v -ED, -ING, -S]
UNBOSOMS	BMNOOSSU	UNBOSOM, to reveal (to make known) [v]
UNBOTTLE	BELNOTTU	to release from or as if from bottle [v -D, -LING, -S]
UNBOXING	BGINNOUX	UNBOX, to remove from box [v]
UNBRACED	ABCDENRU	UNBRACE, to free from braces [v]
UNBRACES	ABCENRSU	UNBRACE, to free from braces [v]
UNBRAIDS	ABDINRSU	UNBRAID, to separate strands of [v]
UNBRAKED	ABDEKNRU	UNBRAKE, to release brake [v]
UNBRAKES	ABEKNRSU	UNBRAKE, to release brake [v]
UNBREECH	BCEEHNRU	to remove breeches of [v -ED, -ING, -ES]
UNBRIDLE	BDEILNRU	to set loose [v -D, -LING, -S]
UNBUCKLE	BCEKLNNU	to loosen buckle [v -D, -LING, -S]
UNBUILDS	BDILNSUU	UNBUILD, to demolish (to destroy (to damage beyond repair or renewal)) [v]
UNBUNDLE	BDELNNUU	to price separately [v -D, -LING, -S]
UNBURDEN	BDENNRUU	to free from burden [v -ED, -ING, -S]
UNBURIED	BDEINRUU	UNBURY, to remove from ground after burial [v]
UNBURIES	BEINRSUU	UNBURY, to remove from ground after burial [v]
UNBUTTON	BNNOTTUU	to unfasten buttons of [v -ED, -ING, -S]
UNCAGING	ACGGINNU	UNCAGE, to release from cage [v]
UNCAKING	ACGIKNNU	UNCAKE, to break up cake (block of compacted matter) [v]
UNCAPPED	ACDENPPU	UNCAP, to remove cap from [v]
UNCASING	ACGINNSU	UNCASE, to remove from case [v]
UNCHAINS	ACHINNSU	UNCHAIN, to free by removing chain [v]



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UNCHAIRS	ACHINRSU	UNCHAIR, to remove from chairmanship [v]
UNCHARGE	ACEGHNRU	to acquit (to free or clear from charge of fault or crime) [v -D, -GING, -S]
UNCHOKED	CDEHKNOU	UNCHOKE, to free from obstruction [v]
UNCHOKES	CEHKNOSU	UNCHOKE, to free from obstruction [v]
UNCHURCH	CCHHNRRU	to expel from church [v -ED, -ING, -ES]
UNCLAMPS	ACLMNPSU	UNCLAMP, to free from clamp [v]
UNCLASPS	ACLNPSSU	UNCLASP, to free from clasp [v]
UNCLENCH	CCEHLNNU	to open from clenched position [v -ED, -ING, -ES]
UNCLINCH	CCHILNNU	to unclench (to open from clenched position) [v -ED, -ING, -ES]
UNCLOAKS	ACKLNOSU	UNCLOAK, to remove cloak from [v]
UNCLOSED	CDELNOSU	UNCLOSE, to open (to cause to become open) [v]
UNCLOSES	CELNOSSU	UNCLOSE, to open (to cause to become open) [v]
UNCLOTHE	CEHLNOTU	to divest of clothing [v -ED, -LAD, -ING, -S]
UNCLOUDS	CDLNOSUU	UNCLOUD, to free from clouds [v]
UNCOCKED	CCDEKNOU	UNCOCK, to remove from cocked position [v]
UNCOFFIN	CFFINNOU	to remove from coffin [v -ED, -ING, -S]
UNCOILED	CDEILNOU	UNCOIL, to release from coiled position [v]
UNCORKED	CDEKNORU	UNCORK, to draw cork [v]
UNCOUPLE	CELNOPUU	to disconnect [v -D, L-ING, -S]
UNCOVERS	CENORSUV	UNCOVER, to remove covering from [v]
UNCRATED	ACDENRTU	UNCRATE, to remove from crate [v]
UNCRATES	ACENRSTU	UNCRATE, to remove from crate [v]
UNCREATE	ACEENRTU	to deprive of existence [v -D, -TING, -S]
UNCROWNS	CNNORSUW	UNCROWN, to deprive of crown [v]
UNCUFFED	CDEFFNUU	UNCUFF, to remove handcuffs from [v]
UNCURBED	BCDENRUU	UNCURB, to remove restraints from [v]
UNCURLED	CDELNRUU	UNCURL, to straighten curls of [v]
UNDELETE	DEEELNTU	to cancel deletion of [v -D, -TING, -S]
UNDERACT	ACDENRTU	to act subtly and with restraint [v -ED, -ING, -S]
UNDERATE	ADEENRTU	UNDEREAT, to eat insufficient amount [v]
UNDERBID	BDDEINRU	to bid lower than [v UNDERBID, -ING, -S]
UNDERBUD	BDDENRUU	to bud from beneath [v -DDED, -DDING, -S]
UNDERBUY	BDENRUUY	to buy at lower price than [v -BOUGHT, -ING, -S]
UNDERCUT	CDENRTUU	to cut under [v UNDERCUT, -ING, -S]
UNDERDID	DDDEINRU	UNDERDO, to do insufficiently [v]
UNDEREAT	ADEENRTU	to eat insufficient amount [v -RATE, -EN, -ING, -S]
UNDERFED	DDEEFNRU	UNDERFEED, to feed insufficient amount [v]
UNDERLAP	ADELNPRU	to extend partly under [v -PPED, -PPING, -S]
UNDERLAY	ADELNRUY	UNDERLIE, to lie under [v] / to place under [v -AID, -ING, -S]
UNDERLET	DEELNRTU	to lease at less than usual value [v UNDERLET, -ING, -S]
UNDERLIE	DEEILNRU	to lie under [v -LAIN, -LAY, -S, -LYING]
UNDERMAN	ADEMNNRU	to fail to provide with enough workers [v -NNED, -NNING, -S]
UNDERPAY	ADENPRUY	to pay less than is deserved [v -AID, -ING, -S]
UNDERPIN	DEINNPRU	to support from below [v -NNED, -NNING, -S]
UNDERRAN	ADENNRUU	UNDERRUN, to pass or extend under [v]
UNDERRUN	DENNRUU	to pass or extend under [v -RAN, -ING, -S]



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UNDERSET	DEENRSTU	to place under something [v -TTING, -S]
UNDERSOW	DENORSUW	to sow land already seeded with later-growing crop [v -ED, -N -ING, -S]
UNDERTAX	ADENRTUX	to tax less than usual amount [v -ED, -ING, -ES]
UNDERUSE	DEENRSUU	to use less than fully [v -D, -SING, -S]
UNDOCKED	CDDEKNOU	UNDOCK, to move away from dock [v]
UNDOUBLE	BDELNOUU	to unfold (to open something that is folded) [v -D, -LING, -S]
UNDRAPED	ADDENPRU	UNDRAPE, to strip of drapery [v]
UNDRAPES	ADENPRSU	UNDRAPE, to strip of drapery [v]
UNDULATE	ADELNTUU	to move with wavelike motion [v -D, -TING, -S]
UNEARTH	AEHNRSTU	UNEARTH, to dig up [v]
UNFASTEN	AEFNNSTU	to release from fastenings [v -ED, -ING, -S]
UNFENCED	CDEEFNNU	UNFENCE, to remove fence from [v]
UNFENCES	CEEFNNSU	UNFENCE, to remove fence from [v]
UNFETTER	EEFNRTTU	to free from fetters [v -ED, -ING, -S]
UNFITTED	DEFINTTU	UNFIT, to make unsuitable [v]
UNFIXING	FGIINNUX	UNFIX, to unfasten (to release from fastenings) [v]
UNFOLDED	DDEFLNOU	UNFOLD, to open something that is folded [v]
UNFOLLOW	FLLNOOUW	to stop following online [v -ED, -ING, -S] (2018)
UNFREEZE	EEEFNRUZ	to cause to thaw [v -ROZE, -ROZEN, -ING, -S]
UNFRIEND	DEFINRRU	to defriend (to remove (person's name) from list of friends) [v -ED, -ING, -S]
UNFROCK	CFKNORSU	UNFROCK, to divest of ecclesiastical authority [v]
UNFROZEN	EFNNORUZ	UNFREEZE, to cause to thaw [v]
UNFURLED	DEFLNRUU	UNFURL, to unroll (to open something that is rolled up) [v]
UNGIRDED	DDEGINRU	UNGIRD, to remove belt from [v]
UNGLOVED	DEGLNOUV	UNGLOVE, to uncover by removing glove [v]
UNGLOVES	EGLNOSUV	UNGLOVE, to uncover by removing glove [v]
UNGLUING	GGILNNUU	UNGLUE, to disjoin (to separate (to set or keep apart)) [v]
UNGROUPS	GNOPRSUU	UNGROUP, to separate from group [v]
UNGUARDS	ADGNRSUU	UNGUARD, to leave unprotected [v]
UNHAIRD	ADEHINRU	UNHAIR, to remove hair from [v]
UNHALLOW	AHLLNOUW	to profane (to treat with irreverence or abuse) [v -ED, -ING, -S]
UNHAND	ADDEHNNU	UNHAND, to remove hand from [v]
UNHANGED	ADEGHNNU	UNHANG, to detach from hanging support [v]
UNHAPPEN	AEHNNPPU	to become as though never having happened [v -ED, -ING, -S]
UNHASPED	ADEHNPSU	UNHASP, to unfasten (to release from fastenings) [v]
UNHATTED	ADEHNTTU	UNHAT, to remove one's hat [v]
UNHELMED	DEEHLMNU	UNHELM, to remove helmet of [v]
UNHINGED	DEGHINNU	UNHINGE, to remove from hinges [v]
UNHINGES	EGHINNSU	UNHINGE, to remove from hinges [v]
UNHOODED	DDEHNOOU	UNHOOD, to remove hood from [v]
UNHOOKED	DEHKNOOU	UNHOOK, to remove from hook [v]
UNHORSED	DEHNORSU	UNHORSE, to cause to fall from horse [v]
UNHORSES	EHNORSSU	UNHORSE, to cause to fall from horse [v]
UNHOUSED	DEHNOSUU	UNHOUSE, to deprive of protective shelter [v]
UNHOUSES	EHNOSUUU	UNHOUSE, to deprive of protective shelter [v]
UNHUSKED	DEHKNSUU	UNHUSK, to remove husk from [v]



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UNICYCLE	CCEILNUY	to ride one-wheeled vehicle [v -D, -LING, -S]
UNIFORMS	FIMNORSU	UNIFORM, to make uniform [v]
UNIFYING	FGIINNUY	UNIFY, to make into coherent whole [v]
UNINSTAL	AILNNSTU	to remove file or application from computer [v -LLED, -LLING, -S]
UNIONISE	EIINNOSU	to unionize (to form into union) [v -D, -SING, -S]
UNIONIZE	EIINNOUZ	to form into union [v -D, -ZING, -S]
UNITIZED	DEIINTUZ	UNITIZE, to divide into units [v]
UNITIZES	EIINSTUZ	UNITIZE, to divide into units [v]
UNJAMMED	ADEJMMNU	UNJAM, to undo things tightly crammed together [v]
UNJOINTS	IJNNOSTU	UNJOINT, to separate at juncture [v]
UNKENNEL	EEKLNNNU	to release from kennel [v -ED, -LLED, -ING, -LLING, -S]
UNKINKED	DEIKKNU	UNKINK, to remove curls from [v]
UNLACING	ACGILNNU	UNLACE, to unfasten laces of [v]
UNLADING	ADGILNNU	UNLADE, to unload (to remove load or cargo from) [v]
UNLASHED	ADEHLNSU	UNLASH, to untie lashing (type of binding) of [v]
UNLASHES	AEHLNSSU	UNLASH, to untie lashing (type of binding) of [v]
UNLAYING	AGILNNUY	UNLAY, to untwist (to untwine (to separate twisted or tangled parts of)) [v]
UNLEADED	ADDEELNU	UNLEAD, to remove lead from [v]
UNLEARNS	AELNNRSU	UNLEARN, to put out of one's knowledge or memory [v]
UNLEARNT	AELNNRTU	UNLEARN, to put out of one's knowledge or memory [v]
UNLEVELS	EELLNSUV	UNLEVEL, to make uneven [v]
UNLIMBER	BEILMNRU	to prepare for action [v -ED, -ING, -S]
UNLINKED	DEIKLNNU	UNLINK, to unfasten links (connecting devices) of [v]
UNLIVING	GIILNNUV	UNLIVE, to live so as to make amends for [v]
UNLOADED	ADDELNOU	UNLOAD, to remove load or cargo from [v]
UNLOCKED	CDEKLNOU	UNLOCK, to unfasten lock of [v]
UNLOOSED	DELNOOSU	UNLOOSE, to set free [v]
UNLOOSEN	ELNNOOSU	to unloose (to set free) [v -ED, -ING, -S]
UNLOOSES	ELNOOSSU	UNLOOSE, to set free [v]
UNMAKING	AGIKMNU	UNMAKE, to destroy (to damage beyond repair or renewal) [v]
UNMANNED	ADEMNNNU	UNMAN, to deprive of courage [v]
UNMASKED	ADEKMNSU	UNMASK, to remove mask from [v]
UNMESHED	DEEHMNSU	UNMESH, to disentangle (to undo entanglement) [v]
UNMESHES	EEHMNSSU	UNMESH, to disentangle (to undo entanglement) [v]
UNMEWING	EGIMNNUW	UNMEW, to set free [v]
UNMINGLE	EGILMNNU	to separate things that are mixed [v -D, -LING, -S]
UNMITERS	EIMNRSTU	UNMITER, to depose from rank of bishop [v]
UNMITRED	DEIMNRTU	UNMITRE, to unmiter (to depose from rank of bishop) [v]
UNMITRES	EIMNRSTU	UNMITRE, to unmiter (to depose from rank of bishop) [v]
UNMIXING	GIIMNNUX	UNMIX, to separate from mixture [v]
UNMOLDED	DDELMNOU	UNMOLD, to remove from mold [v]
UNMOORED	DEMNOORU	UNMOOR, to release from moorings [v]
UNMOULDS	DLMNOSUU	UNMOULD, to unmold (to remove from mold) [v]
UNMUFFLE	EFFLMNUU	to free from something that muffles [v -D, -LING, -S]
UNMUZZLE	ELMNUUZZ	to remove muzzle from [v -D, -LING, -S]
UNNAILED	ADEILNNU	UNNAIL, to remove nails from [v]



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UNNERVED	DEENNRUV	UNNERVE, to deprive of courage [v]
UNNERVES	EENNRUSV	UNNERVE, to deprive of courage [v]
UNPACKED	ACDEKNPU	UNPACK, to remove contents of [v]
UNPEGGED	DEEGGNPU	UNPEG, to remove pegs from [v]
UNPENNED	DEENNNPU	UNPEN, to release from confinement [v]
UNPEOPLE	EELNOPPU	to remove people from [v -D, L-ING, -S]
UNPICKED	CDEIKNPU	UNPICK, to remove stitches from [v]
UNPILING	GIILNNPU	UNPILE, to take or disentangle from pile [v]
UNPINNED	DEINNNPU	UNPIN, to remove pins from [v]
UNPLAITS	AILNPSTU	UNPLAIT, to undo plaits of [v]
UNPUCKER	CEKNPRUU	to remove wrinkles from [v -ED, -ING, -S]
UNPUZZLE	ELNPUZZ	to work out obscured meaning of [v -D, -LING, -S]
UNQUOTED	DENOQTUU	UNQUOTE, to close quotation [v]
UNQUOTES	ENOQSTUU	UNQUOTE, to close quotation [v]
UNRAVELS	AELNRSUV	UNRAVEL, to separate threads of [v]
UNREASON	AENNORSU	to disrupt sanity of [v -ED, -ING, -S]
UNREELED	DEEELNRU	UNREEL, to unwind from reel [v]
UNREEVED	DEEENRUV	UNREEVE, to withdraw rope from opening [v]
UNREEVES	EEENRSUV	UNREEVE, to withdraw rope from opening [v]
UNRETIRE	EEINRRTU	to return to work after having taken retirement [v -D, -RING, -S]
UNRIDDLE	DDEILNRU	to solve (to find answer or explanation for) [v -D, -LING, -S]
UNRIGGED	DEGGINRU	UNRIG, to divest of rigging [v]
UNRIPPED	DEINPPRU	UNRIP, to rip open [v]
UNRIVETS	EINRSTUV	UNRIVET, to remove rivets (metal bolts) from [v]
UNROBING	BGINNORU	UNROBE, to undress (to remove one's clothing) [v]
UNROLLED	DELLNORU	UNROLL, to open something that is rolled up [v]
UNROOFED	DEFNOORU	UNROOF, to strip off roof of [v]
UNROOTED	DENOORTU	UNROOT, to uproot (to pull up by roots) [v]
UNROPING	GINNOPRU	UNROPE, to detach oneself from rope [v]
UNROUNDS	DNNORSUU	UNROUND, to articulate without rounding lips [v]
UNSADDLE	ADDELNSU	to remove saddle from [v -D, -LING, -S]
UNSAING	AGINNSUY	UNSAI, to retract something said [v]
UNSCREWS	CENRSSUW	UNSCREW, to remove screws from [v]
UNSEALED	ADEELNSU	UNSEAL, to remove seal of [v]
UNSEAMED	ADEEMNSU	UNSEAM, to open seams of [v]
UNSEATED	ADEENSTU	UNSEAT, to remove from seat [v]
UNSEEING	EEGINNSU	UNSEE, to forget seeing [v]
UNSETTLE	EELNSTTU	to make unstable [v -D, -LING, -S]
UNSEWING	EGINNSUW	UNSEW, to undo sewing of [v]
UNSEXING	EGINNSUX	UNSEX, to deprive of sexual power [v]
UNSHELLS	EHLNLSU	UNSHELL, to remove shell from [v]
UNSHIFTS	FHINSSTU	UNSHIFT, to release shift key on typewriter [v]
UNSIGHTS	GHINSSTU	UNSIGHT, to prevent from seeing [v]
UNSLINGS	GILNNSU	UNSLING, to remove from slung position [v]
UNSNARLS	ALNNRSSU	UNSNARL, to untangle (to free from tangles) [v]
UNSOLDER	DELNORSU	to separate (to set or keep apart) [v -ED, -ING, -S]



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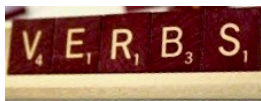
UNSPEAKS	AEKNPSSU	UNSPEAK, to unsay (to retract something said) [v]
UNSPHERE	EEHNPRSU	to remove from sphere [v -D, -RING, -S]
UNSPOKEN	EKNNOPSU	UNSPEAK, to unsay (to retract something said) [v]
UNSPOOLS	LNOOPSSU	UNSPPOOL, to unwind from small cylinder [v]
UNSTACKS	ACKNSSTU	UNSTACK, to remove from stack [v]
UNSTATED	ADENSTTU	UNSTATE, to deprive of status [v]
UNSTATES	AENSSTTU	UNSTATE, to deprive of status [v]
UNSTEADY	ADENSTUY	to make not firm or stable [v -DIED, -ING, -DIES]
UNSTEELS	EELNSSTU	UNSTEEL, to make soft [v]
UNSTICKS	CIKNSSTU	UNSTICK, to disjoin (to separate (to set or keep apart)) [v]
UNSTITCH	CHINSTTU	to remove stitches from [v -ED, -ING, -ES]
UNSTRAPS	ANPRSSTU	UNSTRAP, to remove strap from [v]
UNSTRING	GINNRSTU	to remove from string [v -RUNG, -ING, -S]
UNSTRUNG	GNNRSTUU	UNSTRING, to remove from string [v]
UNSWATHE	AEHNSTUW	to unbind (to free from bindings) [v -D, -HING, -S]
UNSWEAR	AENRSSUW	UNSWEAR, to retract something sworn [v]
UNTACKED	ACDEKNTU	UNTACK, to remove tack from [v]
UNTANGLE	AEGLNNTU	to free from tangles [v -D, -LING, -S]
UNTAUGHT	AGHNTTUU	UNTEACH, to cause to unlearn something [v]
UNTETHER	EEHNRTTU	to free from tether [v -ED, -ING, -S]
UNTHAWED	ADEHNTUW	UNTHAW, to thaw (to melt (to change from solid to liquid state by heat)) [v]
UNTHINKS	HIKNNSTU	UNTHINK, to dismiss from mind [v]
UNTHREAD	ADEHNRTU	to remove thread from [v -ED, -ING, -S]
UNTHRONE	EHNNTORTU	to remove from throne [v -D, -NING, -S]
UNTIDIED	DDEIINTU	UNTIDY, to make untidy [v]
UNTIDIES	DEIINSTU	UNTIDY, to make untidy [v]
UNTIEING	EGIINNTU	UNTIE, to free from something that ties [v]
UNTRACKS	ACKNRSTU	UNTRACK, to cause to escape from slump [v]
UNTREADS	ADENRSTU	UNTREAD, to tread back [v]
UNTUCKED	CDEKNTUU	UNTUCK, to release from being tucked up [v]
UNTUNING	GINNNTUU	UNTUNE, to put out of tune [v]
UNTWINED	DEINNTUW	UNTWINE, to separate twisted or tangled parts of [v]
UNTWINES	EINNSTUW	UNTWINE, to separate twisted or tangled parts of [v]
UNTWISTS	INSSTTUW	UNTWIST, to untwine (to separate twisted or tangled parts of) [v]
UNVEILED	DEEILNUV	UNVEIL, to remove covering from [v]
UNVOICED	CDEINOUV	UNVOICE, to deprive of voice or vocal quality [v]
UNVOICES	CEINOSUV	UNVOICE, to deprive of voice or vocal quality [v]
UNWEAVES	AEENSUVW	UNWEAVE, to undo something woven [v]
UNWEIGHT	EGHINTUW	to reduce weight of [v -ED, -ING, -S]
UNWISHED	DEHINSUW	UNWISH, to cease to wish for [v]
UNWISHES	EHINSSUW	UNWISH, to cease to wish for [v]
UNWITTED	DEINTTUW	UNWIT, to make insane [v]
UNYOKING	GIKNNOUY	UNYOKE, to free from yoke [v]
UNZIPPED	DEINPPUZ	UNZIP, to open zipper of [v]
UPBOILED	BDEILOPU	UPBOIL, to boil up [v]
UPBRAIDS	ABDIPRSU	UPBRAID, to reproach severely [v]



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UPBUILDS	BDILPSUU	UPBUILD, to build up [v]
UPCHUCKS	CCHKPSUU	UPCHUCK, to vomit (to eject contents of stomach through mouth) [v]
UPCLIMBS	BCILMPSU	UPCLIMB, to climb up [v]
UPCOILED	CDEILOPU	UPCOIL, to coil up [v]
UPCURLED	CDELPRUU	UPCURL, to curl up [v]
UPCURVED	CDEPRUUV	UPCURVE, to curve upward [v]
UPCURVES	CEPRSUUV	UPCURVE, to curve upward [v]
UPCYCLED	CCDELPUY	UPCYCLE, to recycle into something of greater value [v] (2018)
UPCYCLES	CCELPSUY	UPCYCLE, to recycle into something of greater value [v] (2018)
UPDARTED	ADDEPRTU	UPDART, to dart up [v]
UPDATING	ADGINPTU	UPDATE, to bring up to date [v]
UPDIVING	DGIINPUV	UPDIVE, to spring upward [v]
UPDRYING	DGINPRUY	UPDRY, to dry completely [v]
UPENDING	DEGINNPU	UPEND, to set or stand on end [v]
UPFLINGS	FGILNPSU	UPFLING, to fling up [v]
UPFLOWED	DEFLOPUW	UPFLOW, to flow up [v]
UPFOLDED	DDEFLOPU	UPFOLD, to fold up [v]
UPGATHER	AEGHPRTU	to gather up [v -ED, -ING, -S]
UPGAZING	AGGINPUZ	UPGAZE, to gaze up [v]
UPGIRDED	DDEGIPRU	UPGIRD, to gird completely [v]
UPGRADED	ADDEGPRU	UPGRADE, to raise to higher grade or standard [v]
UPGRADES	ADEGPRSU	UPGRADE, to raise to higher grade or standard [v]
UPHEAPED	ADEEHPPU	UPHEAP, to heap up [v]
UPHEAVED	ADEEHPUV	UPHEAVE, to heave up [v]
UPHEAVES	AEEHPSUV	UPHEAVE, to heave up [v]
UPHOARDS	ADHOPRSU	UPHOARD, to hoard up [v]
UPLEAPED	ADEELPPU	UPLEAP, to leap up [v]
UPLIFTED	DEFILPTU	UPLIFT, to lift up [v]
UPLIGHTS	GHILPSTU	UPLIGHT, to light to higher degree [v]
UPLINKED	DEIKLNPU	UPLINK, to transmit (data) to spacecraft or satellite [v]
UPLOADED	ADDELOPU	UPLOAD, to transfer information from small computer to larger computer [v]
UPPERCUT	CEPPRTUU	to strike upward blow [v UPPERCUT, -ING, -S]
UPPILING	GIILNPPU	UPPILE, to pile up [v]
UPRAISED	ADEIPRSU	UPRAISE, to raise up [v]
UPRAISES	AEIPRSSU	UPRAISE, to raise up [v]
UPRATING	AGINPRTU	UPRATE, to improve power output of engine [v]
UPREARED	ADEEPRRU	UPREAR, to upraise (to raise up) [v]
UPRIGHTS	GHIPRSTU	UPRIGHT, to make vertical [v]
UPRISING	GIINPRSU	UPRISE, to rise up [v]
UPROOTED	DEOOPRTU	UPROOT, to pull up by roots [v]
UPROUSED	DEOPRSUU	UPROUSE, to rouse up [v]
UPROUSES	EOPRSSUU	UPROUSE, to rouse up [v]
UPRUSHED	DEHPRSUU	UPRUSH, to rush up [v]
UPRUSHES	EHPRSSUU	UPRUSH, to rush up [v]
UPSCALED	ACDELPSU	UPSCALE, to make appealing to affluent consumers [v]
UPSCALES	ACELPSSU	UPSCALE, to make appealing to affluent consumers [v]



Where The Action Is

ALL 8-LETTER VERBS (a word that conveys an action, an occurrence, or a state of being)
compiled by Jacob Cohen, Asheville Scrabble Club *(updated to NASPA Word List 2018)*

UPSHIFTS	FHIPSSTU	UPSHIFT, to shift into higher gear [v]
UPSHOOTS	HOOPSSTU	UPSHOOT, to shoot upward [v]
UPSIZING	GIINPSUZ	UPSIZED, to increase in size [v]
UPSKILLS	IKLLPSSU	UPSKILL, to improve job skills of someone [v]
UPSOARED	ADEOPRSU	UPSOAR, to soar upward [v]
UPSPRANG	AGNPPRSU	UPSPRING, to spring up [v]
UPSPRING	GINPPRSU	to spring up [v -RANG, -RUNG, -ING, -S]
UPSPRUNG	GNPPRSUU	UPSPRING, to spring up [v]
UPSTAGED	ADEGPSTU	UPSTAGE, to outdo theatrically [v]
UPSTAGES	AEGPSSTU	UPSTAGE, to outdo theatrically [v]
UPSTANDS	ADNPSSTU	UPSTAND, to stand up on one's feet [v]
UPSTARED	ADEPRSTU	UPSTARE, to stare upward [v]
UPSTARES	AEPRSSTU	UPSTARE, to stare upward [v]
UPSTARTS	APRSSTTU	UPSTART, to spring up suddenly [v]
UPSURGED	DEGPRSUU	UPSURGE, to surge up [v]
UPSURGES	EGPRSSUU	UPSURGE, to surge up [v]
UPSWEEPS	EPPSSUW	UPSWEEP, to sweep upward [v]
UPSWELLS	ELLPSSUW	UPSWELL, to swell up [v]
UPSWINGS	GINPSSUW	UPSWING, to swing upward [v]
UPTALKED	ADEKLPTU	UPTALK, to speak with rising intonation [v]
UPTHROWN	HNOPRTUW	UPTHROW, to throw upward [v]
UPTHROWS	HOPRSTUW	UPTHROW, to throw upward [v]
UPTHRUST	HPRSTTUU	to thrust up [v -ED, -ING, -S]
UPTILTED	DEILPTTU	UPTILT, to tilt upward [v]
UPTOSSED	DEOPSSTU	UPTOSS, to toss upward [v]
UPTOSSES	EOPSSSTU	UPTOSS, to toss upward [v]
UPTURNED	DENPRTUU	UPTURN, to turn up or over [v]
UPWAFTED	ADEFPTUW	UPWAFT, to waft upward [v]
UPWELLED	DEELLPUW	UPWELL, to well up [v]
URBANISE	ABEINRSU	to urbanize (to cause to take on urban characteristics) [v -D, -SING, -S]
URBANIZE	ABEINRUZ	to cause to take on urban characteristics [v -D, -ZING, -S]
URETHANE	AEEHNRTU	to treat with urethane (finish) [v -D, -NING, -S]
URINATED	ADEINRTU	URINATE, to discharge urine [v]
URINATES	AEINRSTU	URINATE, to discharge urine [v]
URTICATE	ACEIRTTU	to cause itching or stinging [v -D, -TING, -S]
USHERING	EGHINRSU	USHER, to conduct to place [v]
USURPING	GINPRSUU	USURP, to seize and hold without legal authority [v]
UTILISED	DEIILSTU	UTILISE, to utilize (to make use of) [v]
UTILISES	EIILSSTU	UTILISE, to utilize (to make use of) [v]
UTILIZED	DEIILTUZ	UTILIZE, to make use of [v]
UTILIZES	EIILSTUZ	UTILIZE, to make use of [v]
UTTERING	EGINRTTU	UTTER, to give audible expression to [v]