ALL 7-LETTER VERBS (a word that conveys an action, an occurrence, or a state of being) NWL23 Highlighted compiled by Jacob Cohen, Asheville Scrabble Club

| All Verb 7s- U |  |  |
| :---: | :---: | :---: |
| ULCERED | CDEELRU | ULCER, to affect with ulcer (type of lesion) [v] |
| ULULATE | AELLTUU | to howl (to cry like dog) [ V -D, -TING, -S] |
| UMBERED | BDEEMRU | UMBER, to color with brown pigment [v] |
| UMLAUTS | ALMSTUU | UMLAUT, to modify vowel sound by partial assimilation to succeeding sound [v] |
| UMPIRED | DEIMPRU | UMPIRE, to act as umpire (person appointed to rule on plays in game) [v] |
| UMPIRES | EIMPRSU | UMPIRE, to act as umpire (person appointed to rule on plays in game) [v] |
| UNARMED | ADEMNRU | UNARM, to disarm (to deprive of weapons) [v] |
| UNBALED | ABDELNU | UNBALE, to loosen from compressed bundle [v] |
| UNBALES | ABELNSU | UNBALE, to loosen from compressed bundle [v] |
| UNBEARS | ABENRSU | UNBEAR, to free from pressure of rein [v] |
| UNBEING | BEGINNU | UNBE, to cease to have being [v] |
| UNBELTS | BELNSTU | UNBELT, to remove belt of [ v ] |
| UNBENDS | BDENNSU | UNBEND, to make or allow to become straight [v] |
| UNBINDS | BDINNSU | UNBIND, to free from bindings [v] |
| UNBLIND | BDILNNU | to free from blindness or illusion [V-ED, -ING, -S] |
| UNBLOCK | BCKLNOU | to free from being blocked [V-ED, -ING, -S] |
| UNBOLTS | BLNOSTU | UNBOLT, to open by withdrawing bolt (metal bar) [v] |
| UNBOSOM | BMNOOSU | to reveal (to make known) [ V -ED, -ING, -S] |
| UNBOUND | BDNNOUU | UNBIND, to free from bindings [v] |
| UNBOXED | BDENOUX | UNBOX, to remove from box [v] |
| UNBOXES | BENOSUX | UNBOX, to remove from box [v] |
| UNBRACE | ABCENRU | to free from braces [ V -D, -CING, -S] |
| UNBRAID | ABDINRU | to separate strands of [v-ED, -ING, -S] |
| UNBRAKE | ABEKNRU | to release brake [V-D, -KING, -S] |
| UNBUILD | BDILNUU | to demolish (to destroy (to damage beyond repair or renewal)) [v -LT, -ING, -S] |
| UNBUILT | BILNTUU | UNBUILD, to demolish (to destroy (to damage beyond repair or renewal)) [v] |
| UNCAGED | ACDEGNU | UNCAGE, to release from cage [v] |
| UNCAGES | ACEGNSU | UNCAGE, to release from cage [v] |
| UNCAKED | ACDEKNU | UNCAKE, to break up cake (block of compacted matter) [v] |
| UNCAKES | ACEKNSU | UNCAKE, to break up cake (block of compacted matter) [v] |
| UNCASED | ACDENSU | UNCASE, to remove from case [v] |
| UNCASES | ACENSSU | UNCASE, to remove from case [v] |
| UNCHAIN | ACHINNU | to free by removing chain [ V -ED, -ING, -S] |
| UNCHAIR | ACHINRU | to remove from chairmanship [ V -ED, -ING, -S] |
| UNCHOKE | CEHKNOU | to free from obstruction [ V -D, -KING, -S] |
| UNCLAMP | ACLMNPU | to free from clamp [ V -ED, -ING, -S] |
| UNCLASP | ACLNPSU | to free from clasp [v-ED, -ING, -S] |
| UNCLIPS | CILNPSU | UNCLIP, to remove clip (fastening device) from [v] |
| UNCLOAK | ACKLNOU | to remove cloak from [V-ED, -ING, -S] |
| UNCLOGS | CGLNOSU | UNCLOG, to free from difficulty or obstruction [v] |
| UNCLOSE | CELNOSU | to open (to cause to become open) [v-D, -SING, -S] |
| UNCLOUD | CDLNOUU | to free from clouds [V -ED, -ING, -S] |
| UNCOCKS | CCKNOSU | UNCOCK, to remove from cocked position [v] |
| UNCOILS | CILNOSU | UNCOIL, to release from coiled position [v] |
| UNCORKS | CKNORSU | UNCORK, to draw cork [v] |

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| UNCOVER | CENORUV | e covering from [ v -ED, -ING, -S] |
| :---: | :---: | :---: |
| UNCRATE | ACENRTU | to remove from crate [ V -D, -TING, -S] |
| UNCROSS | CNORSSU | to change from crossed position [ V -ED, -ING, -ES] |
| UNCROWN | CNNORUW | to deprive of crown [ V -ED, -ING, -S] |
| UNCUFFS | CFFNSUU | UNCUFF, to remove handcuffs from [v] |
| UNCURBS | BCNRSUU | UNCURB, to remove restraints from [v] |
| UNCURLS | CLNRSUU | UNCURL, to straighten curls of [v] |
| UNDERDO | DDENORU | to do insufficiently [ V -DID, -DONE, -ING, -ES] |
| UNDERGO | DEGNORU | to be subjected to [V-NE, -RWENT, -ING, -ES] |
| UNDOCKS | CDKNOSU | UNDOCK, to move away from dock [v] |
| UNDOING | DGINNOU | UNDO, to bring to ruin [v] |
| UNDRAPE | ADENPRU | to strip of drapery [ v -D, -PING, -S] |
| UNDRAWN | ADNNRUW | UNDRAW, to draw open [v] |
| UNDRAWS | ADNRSUW | UNDRAW, to draw open [v] |
| UNDRESS | DENRSSU | to remove one's clothing [ V -ED, -T, -ING, -S] |
| UNDREST | DENRSTU | UNDRESS, to remove one's clothing [ V ] |
| UNEARTH | AEHNRTU | to dig up [V -ED, -ING, -S] |
| UNFENCE | CEEFNNU | to remove fence from [v-D, -CING, -S] |
| UNFIXED | DEFINUX | UNFIX, to unfasten (to release from fastenings) [v] |
| UNFIXES | EFINSUX | UNFIX, to unfasten (to release from fastenings) [v] |
| UNFOLDS | DFLNOSU | UNFOLD, to open something that is folded [v] |
| UNFREED | DEEFNRU | UNFREE, to deprive of freedom [ v ] |
| UNFREES | EEFNRSU | UNFREE, to deprive of freedom [v] |
| UNFROCK | CFKNORU | to divest of ecclesiastical authority [ V -ED, -ING, -S] |
| UNFROZE | EFNORUZ | UNFREEZE, to cause to thaw [v] |
| UNFURLS | FLNRSUU | UNFURL, to unroll (to open something that is rolled up) [v] |
| UNGIRDS | DGINRSU | UNGIRD, to remove belt from [v] |
| UNGLOVE | EGLNOUV | to uncover by removing glove [v-D, -VING, -S] |
| UNGLUED | DEGLNUU | UNGLUE, to disjoin (to separate (to set or keep apart)) [v] |
| UNGLUES | EGLNSUU | UNGLUE, to disjoin (to separate (to set or keep apart)) [v] |
| UNGROUP | GNOPRUU | to separate from group [ V -ED, -ING, -S] |
| UNGUARD | ADGNRUU | to leave unprotected [ V -ED, -ING, -S] |
| UNHAIRS | AHINRSU | UNHAIR, to remove hair from [v] |
| UNHANDS | ADHNNSU | UNHAND, to remove hand from [v] |
| UNHANGS | AGHNNSU | UNHANG, to detach from hanging support [v] |
| UNHASPS | AHNPSSU | UNHASP, to unfasten (to release from fastenings) [v] |
| UNHELMS | EHLMNSU | UNHELM, to remove helmet of [ v ] |
| UNHINGE | EGHINNU | to remove from hinges [ v -D, -GING, -S] |
| UNHITCH | CHHINTU | to free from being hitched [ V -ED, -ING, -ES] |
| UNHOODS | DHNOOSU | UNHOOD, to remove hood from [v] |
| UNHOOKS | HKNOOSU | UNHOOK, to remove from hook [v] |
| UNHORSE | EHNORSU | to cause to fall from horse [v-D, -SING, -S] |
| UNHOUSE | EHNOSUU | to deprive of protective shelter [ V -D, -SING, -S] |
| UNHUSKS | HKNSSUU | UNHUSK, to remove husk from [v] |
| UNIFIED | DEFIINU | UNIFY, to make into coherent whole [v] |
| UNIFIES | EFIINSU | UNIFY, to make into coherent whole [v] |

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| UNIFORM | FIMNORU | to make uniform [V -ED, -ING, -S] |
| :---: | :---: | :---: |
| UNITING | GIINNTU | UNITE, to bring together so as to form whole [v] |
| UNITIZE | EIINTUZ | to divide into units [V-D, -ZING, -S] |
| UNJOINT | IJNNOTU | to separate at juncture [ V -ED, -ING, -S] |
| UNKINKS | IKKNNSU | UNKINK, to remove curls from [v] |
| UNKNITS | IKNNSTU | UNKNIT, to unravel (to separate threads of) [v] |
| UNKNOTS | KNNOSTU | UNKNOT, to undo knot in [v] |
| UNLACED | ACDELNU | UNLACE, to unfasten laces of [ v ] |
| UNLACES | ACELNSU | UNLACE, to unfasten laces of [v] |
| UNLADED | ADDELNU | UNLADE, to unload (to remove load or cargo from) [v] |
| UNLADEN | ADELNNU | UNLADE, to unload (to remove load or cargo from) [v] |
| UNLADES | ADELNSU | UNLADE, to unload (to remove load or cargo from) [v] |
| UNLATCH | ACHLNTU | to open by lifting latch (fastening device) [v -ED, -ING, -ES] |
| UNLEADS | ADELNSU | UNLEAD, to remove lead from [v] |
| UNLEARN | AELNNRU | to put out of one's knowledge or memory [ V -ED, -T, -ING, -S] |
| UNLEASH | AEHLNSU | to free from leash [ v -ED, -ING, -ES] |
| UNLEVEL | EELLNUV | to make uneven [ v -ED, -LLED, -ING, -LLING, -S] |
| UNLINKS | IKLNNSU | UNLINK, to unfasten links (connecting devices) of [ v ] |
| UNLIVED | DEILNUV | UNLIVE, to live so as to make amends for [v] |
| UNLIVES | EILNSUV | UNLIVE, to live so as to make amends for [v] |
| UNLOADS | ADLNOSU | UNLOAD, to remove load or cargo from [v] |
| UNLOCKS | CKLNOSU | UNLOCK, to unfasten lock of [v] |
| UNLOOSE | ELNOOSU | to set free [ v -D, -SING, -S] |
| UNMAKES | AEKMNSU | UNMAKE, to destroy (to damage beyond repair or renewal) [v] |
| UNMASKS | AKMNSSU | UNMASK, to remove mask from [v] |
| UNMEWED | DEEMNUW | UNMEW, to set free [v] |
| UNMITER | EIMNRTU | to depose from rank of bishop [v -ED, -ING, -S] |
| UNMITRE | EIMNRTU | to unmiter (to depose from rank of bishop) [v-D, -RING, -S |
| UNMIXED | DEIMNUX | UNMIX, to separate from mixture [v] |
| UNMIXES | EIMNSUX | UNMIX, to separate from mixture [v] |
| UNMOLDS | DLMNOSU | UNMOLD, to remove from mold [v] |
| UNMOORS | MNOORSU | UNMOOR, to release from moorings [v] |
| UNMOULD | DLMNOUU | to unmold (to remove from mold) [V-ED, -ING, -S] |
| UNMUTED | DEMNTUU | UNMUTE, to stop muting [v] |
| UNMUTES | EMNSTUU | UNMUTE, to stop muting [v] |
| UNNAILS | AILNNSU | UNNAIL, to remove nails from [v] |
| UNNERVE | EENNRUV | to deprive of courage [ V -D, -VING, -S] |
| UNPACKS | ACKNPSU | UNPACK, to remove contents of [ V ] |
| UNPAIRS | AINPRSU | UNPAIR, to cause to stop being paired [v] |
| UNPICKS | CIKNPSU | UNPICK, to remove stitches from [v] |
| UNPILED | DEILNPU | UNPILE, to take or disentangle from pile [v] |
| UNPILES | EILNPSU | UNPILE, to take or disentangle from pile [v] |
| UNPLAIT | AILNPTU | to undo plaits of [V -ED, -ING, -S] |
| UNPLUGS | GLNPSUU | UNPLUG, to take plug out of [ V ] |
| UNQUOTE | ENOQTUU | to close quotation [ V -D, -TING, -S] |
| UNRAVEL | AELNRUV | to separate threads of [ V -ED, -LLED, -ING, -LLING, -S] |

Where The Action Is
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| UNREELS | EELNRSU | UNREEL, to unwind from reel [ v ] |
| :---: | :---: | :---: |
| UNREEVE | EEENRUV | to withdraw rope from opening [ V -D, -ROVE, -ROVEN -VING, -S] |
| UNRIVET | EinRTUV | to remove rivets (metal bolts) from [ V -ED, -TTED, -ING, -TTING, -S] |
| UNROBED | BDENORU | UNROBE, to undress (to remove one's clothing) [v] |
| UNROBES | BENORSU | UNROBE, to undress (to remove one's clothing) [v] |
| UNROLLS | LLNORSU | UNROLL, to open something that is rolled up [v] |
| UNROOFS | FNOORSU | UNROOF, to strip off roof of [ v ] |
| UNROOTS | NOORSTU | UNROOT, to uproot (to pull up by roots) [v] |
| UNROPED | DENOPRU | UNROPE, to detach oneself from rope [v] |
| UNROPES | ENOPRSU | UNROPE, to detach oneself from rope [ v ] |
| UNROUND | DNNORUU | to articulate without rounding lips [V-ED, -ING, -S] |
| UNROVEN | ENNORUV | UNREEVE, to withdraw rope from opening [v] |
| UNSCREW | CENRSUW | to remove screws from [ V -ED, -ING, -S] |
| UNSEALS | AELNSSU | UNSEAL, to remove seal of [ V ] |
| UNSEAMS | AEMNSSU | UNSEAM, to open seams of [v] |
| UNSEATS | AENSSTU | UNSEAT, to remove from seat [ v ] |
| UNSELLS | ELLNSSU | UNSELL, to persuade to change opinion or belief [v] |
| UNSEWED | DEENSUW | UNSEW, to undo sewing of [v] |
| UNSEXED | DEENSUX | UNSEX, to deprive of sexual power [v] |
| UNSEXES | EENSSUX | UNSEX, to deprive of sexual power [ v ] |
| UNSHELL | EHLLNSU | to remove shell from [ V -ED, -ING, -S] |
| UNSHIFT | FHINSTU | to release shift key on typewriter [ V -ED, -ING, -S] |
| UNSHIPS | HINPSSU | UNSHIP, to unload from ship [v] |
| UNSIGHT | GHINSTU | to prevent from seeing [ V -ED, -ING, -S] |
| UNSLING | GILNNSU | to remove from slung position [ v -LUNG, -ING, -S] |
| UNSLUNG | GLNNSUU | UNSLING, to remove from slung position [v] |
| UNSNAGS | AGNNSSU | UNSNAG, to free of snags [v] |
| UNSNAPS | ANNPSSU | UNSNAP, to undo snaps of [v] |
| UNSNARL | ALNNRSU | to untangle (to free from tangles) [ V -ED, -ING, -S] |
| UNSPEAK | AEKNPSU | to unsay (to retract something said) [ V -POKE, -POKEN, -ING, -S] |
| UNSPOKE | EKNOPSU | UNSPEAK, to unsay (to retract something said) [v] |
| UNSPOOL | LNOOPSU | to unwind from small cylinder [ v -ED, -ING, -S] |
| UNSTACK | ACKNSTU | to remove from stack [ V -ED, -ING, -S] |
| UNSTATE | AENSTTU | to deprive of status [ V -D, -TING, -S] |
| UNSTEEL | EELNSTU | to make soft [ V -ED, -ING, -S] |
| UNSTEPS | ENPSSTU | UNSTEP, to remove from socket [v] |
| UNSTICK | CIKNSTU | to disjoin (to separate (to set or keep apart)) [ v -TUCK, -ING, -S] |
| UNSTOPS | NOPSSTU | UNSTOP, to remove stopper from [v] |
| UNSTRAP | ANPRSTU | to remove strap from [ v -PPED, -PPING, -S] |
| UNSTUCK | CKNSTUU | UNSTICK, to disjoin (to separate (to set or keep apart)) [v] |
| UNSWEAR | AENRSUW | to retract something sworn [ V -WORE, WORN, -ING, -S] |
| UNSWORE | ENORSUW | UNSWEAR, to retract something sworn [v] |
| UNSWORN | NNORSUW | UNSWEAR, to retract something sworn [v] |
| UNTACKS | ACKNSTU | UNTACK, to remove tack from [v] |
| UNTEACH | ACEHNTU | to cause to unlearn something [ v -TAUGHT, -ING, -S] |
| UNTHAWS | AHNSTUW | UNTHAW, to thaw (to melt (to change from solid to liquid state by heat)) [v] |

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| UNTHINK | HIKNNTU | to dismiss from mind [ V -THOUGHT, -ING, -S] |
| :---: | :---: | :---: |
| UNTRACK | ACKNRTU | to cause to escape from slump [ V -ED, -ING, -S] |
| UNTREAD | ADENRTU | to tread back [v-ED -ROD, -RODDEN, -ING, -S] |
| UNTRIMS | IMNRSTU | UNTRIM, to strip of trimming [ v ] |
| UNTRUSS | NRSSTUU | to free from truss [ v -ED, -ING, -S] |
| UNTUCKS | CKNSTUU | UNTUCK, to release from being tucked up [v] |
| UNTUNED | DENNTUU | UNTUNE, to put out of tune [v] |
| UNTUNES | ENNSTUU | UNTUNE, to put out of tune [v] |
| UNTWINE | EINNTUW | to separate twisted or tangled parts of [ $\mathrm{V}-\mathrm{D},-\mathrm{NING},-\mathrm{S}$ ] |
| UNTWIST | INSTTUW | to untwine (to separate twisted or tangled parts of) [ V -ED, -ING, -S] |
| UNTYING | GINNTUY | UNTIE, to free from something that ties [ v ] |
| UNVEILS | EILNSUV | UNVEIL, to remove covering from [v] |
| UNVOICE | CEINOUV | to deprive of voice or vocal quality [ $\mathrm{v}-\mathrm{D},-\mathrm{CING},-\mathrm{S}$ ] |
| UNWEAVE | AEENUVW | to undo something woven [ V -WOVE, -WOVEN, -VING, -S] |
| UNWINDS | DINNSUW | UNWIND, to reverse winding of [v] |
| UNWOUND | DNNOUUW | UNWIND, to reverse winding of [v] |
| UNWOVEN | ENNOUVW | UNWEAVE, to undo something woven [v] |
| UNWRAPS | ANPRSUW | UNWRAP, to remove wrapping from [v] |
| UNYOKED | DEKNOUY | UNYOKE, to free from yoke [v] |
| UNYOKES | EKNOSUY | UNYOKE, to free from yoke [v] |
| UPBEARS | ABEPRSU | UPBEAR, to raise aloft [v] |
| UPBINDS | BDINPSU | UPBIND, to bind completely [ v ] |
| UPBOILS | BILOPSU | UPBOIL, to boil up [v] |
| UPBORNE | BENOPRU | UPBEAR, to raise aloft [v] |
| UPBOUND | BDNOPUU | UPBIND, to bind completely [v] |
| UPBRAID | ABDIPRU | to reproach severely [ V -ED, -ING, -S] |
| UPBUILD | BDILPUU | to build up [ V -LT, -ING, -S] |
| UPBUILT | BILPTUU | UPBUILD, to build up [v] |
| UPCASTS | ACPSSTU | UPCAST, to cast up [v] |
| UPCHUCK | CCHKPUU | to vomit (to eject contents of stomach through mouth) [v -ED, -ING, -S] |
| UPCLIMB | BCILMPU | to climb up [ V -ED, -ING, -S] |
| UPCOILS | CILOPSU | UPCOIL, to coil up [v] |
| UPCURLS | CLPRSUU | UPCURL, to curl up [v] |
| UPCURVE | CEPRUUV | to curve upward [V-D, -VING, -S] |
| UPCYCLE | CCELPUY | to recycle into something of greater value [v-D, -LING, -S] |
| UPDARTS | ADPRSTU | UPDART, to dart up [v] |
| UPDATED | ADDEPTU | UPDATE, to bring up to date [v] |
| UPDATES | ADEPSTU | UPDATE, to bring up to date [v] |
| UPDIVED | DDEIPUV | UPDIVE, to spring upward [v] |
| UPDIVES | DEIPSUV | UPDIVE, to spring upward [v] |
| UPDRIED | DDEIPRU | UPDRY, to dry completely [v] |
| UPDRIES | DEIPRSU | UPDRY, to dry completely [v] |
| UPENDED | DDEENPU | UPEND, to set or stand on end [v] |
| UPFLING | FGILNPU | to fling up [v -LUNG, -ING, -S] |
| UPFLOWS | FLOPSUW | UPFLOW, to flow up [v] |
| UPFLUNG | FGLNPUU | UPFLING, to fling up [v] |

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| UPFOLDS | DFLOPSU | UPFOLD, to fold up [v] |
| :---: | :---: | :---: |
| UPGAZED | ADEGPUZ | UPGAZE, to gaze up [v] |
| UPGAZES | AEGPSUZ | UPGAZE, to gaze up [v] |
| UPGIRDS | DGIPRSU | UPGIRD, to gird completely [v] |
| UPGRADE | ADEGPRU | to raise to higher grade or standard [ V -D, -DING, -S] |
| UPGROWN | GNOPRUW | UPGROW, to grow up [v] |
| UPGROWS | GOPRSUW | UPGROW, to grow up [v] |
| UPHEAPS | AEHPPSU | UPHEAP, to heap up [v] |
| UPHEAVE | AEEHPUV | to heave up [V-D, -HOVE, -VING, -S] |
| UPHOARD | ADHOPRU | to hoard up [V -ED, -ING, -S] |
| UPHOLDS | DHLOPSU | UPHOLD, to hold aloft [v] |
| UPLEAPS | AELPPSU | UPLEAP, to leap up [v] |
| UPLEAPT | AELPPTU | UPLEAP, to leap up [v] |
| UPLIFTS | FILPSTU | UPLIFT, to lift up [v] |
| UPLIGHT | GHILPTU | to light to higher degree [v UPLIT, -ED, -ING, -S] |
| UPLINKS | IKLNPSU | UPLINK, to transmit (data) to spacecraft or satellite [v] |
| UPLOADS | ADLOPSU | UPLOAD, to transfer information from small computer to larger computer [v] |
| UPPILED | DEILPPU | UPPILE, to pile up [v] |
| UPPILES | EILPPSU | UPPILE, to pile up [v] |
| UPPROPS | OPPPRSU | UPPROP, to prop up [v] |
| UPRAISE | AEIPRSU | to raise up [ V -D, -SING, -S] |
| UPRATED | ADEPRTU | UPRATE, to improve power output of engine [ v ] |
| UPRATES | AEPRSTU | UPRATE, to improve power output of engine [v] |
| UPREACH | ACEHPRU | to reach up [v -ED, -ING, -ES] |
| UPREARS | AEPRRSU | UPREAR, to upraise (to raise up) [v] |
| UPRIGHT | GHIPRTU | to make vertical [v -ED, -ING, -S] |
| UPRISEN | EINPRSU | UPRISE, to rise up [v] |
| UPRISES | EIPRSSU | UPRISE, to rise up [v] |
| UPROOTS | OOPRSTU | UPROOT, to pull up by roots [v] |
| UPROUSE | EOPRSUU | to rouse up [v-D, -SING, -S] |
| UPSCALE | ACELPSU | to make appealing to affluent consumers [ V -D, -LING, -S] |
| UPSELLS | ELLPSSU | UPSELL, to try to sell customer something more expensive [v] |
| UPSENDS | DENPSSU | UPSEND, to send upward [v] |
| UPSHIFT | FHIPSTU | to shift into higher gear [ V -ED, -ING, -S] |
| UPSHOOT | HOOPSTU | to shoot upward [v UPSHOT, -ING, -S] |
| UPSIZED | DEIPSUZ | UPSIZE, to increase in size [v] |
| UPSIZES | EIPSSUZ | UPSIZE, to increase in size [v] |
| UPSKILL | IKLLPSU | to improve job skills of someone [ V -ED, -ING, -S] |
| UPSOARS | AOPRSSU | UPSOAR, to soar upward [v] |
| UPSTAGE | AEGPSTU | to outdo theatrically [ $\mathrm{V}-\mathrm{D},-\mathrm{GING},-\mathrm{S}]$ |
| UPSTAND | ADNPSTU | to stand up on one's feet [ V -TOOD, -ING, -S] |
| UPSTARE | AEPRSTU | to stare upward [ V -D, -RING, -S] |
| UPSTART | APRSTTU | to spring up suddenly [ V -ED, -ING, -S] |
| UPSTEPS | EPPSSTU | UPSTEP, to step up [v] |
| UPSTIRS | IPRSSTU | UPSTIR, to stir up [v] |
| UPSTOOD | DOOPSTU | UPSTAND, to stand up on one's feet [v] |

## $V_{1} E_{1}, R_{1}, B_{3} S$ Where The Action Is

ALL 7-LETTER VERBS (a word that conveys an action, an occurrence, or a state of being) NWL23 Highlighted compiled by Jacob Cohen, Asheville Scrabble Club

| UPSURGE | EGPRSUU | to surge up [v-D, -GING, -S] |
| :--- | :--- | :--- |
| UPSWEEP | EEPPSUW | to sweep upward [v-WEPT, -ING, -S] |
| UPSWELL | ELLPSUW | to swell up [v-ED, -WOLLEN, -ING, -S] |
| UPSWEPT | EPPSTUW | UPSWEEP, to sweep upward [v] |
| UPSWING | GINPSUW | to swing upward [v-WUNG, -ING, -S] |
| UPSWUNG | GNPSUUW | UPSWING, to swing upward [v] |
| UPTALKS | AKLPSTU | UPTALK, to speak with rising intonation [v] |
| UPTEARS | AEPRSTU | UPTEAR, to tear out by roots [v] |
| UPTHREW | EHPRTUW | UPTHROW, to throw upward [v] |
| 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] |
| UPWAFTS | AFPSTUW | UPWAFT, to waft upward [v] |
| UPWELLS | ELLPSUW | UPWELL, to well up [v] |
| URINATE | AEINRTU | to discharge urine [v-D,-TING, -S] |
| USHERED | DEEHRSU | USHER, to conduct to place [v] |
| USURPED | DEPRSUU | USURP, to seize and hold without legal authority [v] |
| UTILISE | EIILSTU | to utilize (to make use of) [v -D, -SING, -S] |
| UTILIZE | EIILTUZ | to make use of [v-D, -ZING, -S] |
| UTTERED | DEERTTU | UTTER, to give audible expression to [v] |

