



# Where The Action Is

**ALL 7-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 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	BDILNNU	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	to remove 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	AELNRRU	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]
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]
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]
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]



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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	EHELLNSU	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 -SPOKE, -SPOKEN, -ING, -S]
UNSPOKE	EKNOPSU	UNSPEAK, to unsay (to retract something said) [v]
UNSPPOOL	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]
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 -RID, -RODDEN, -ING, -S]



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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 [v -D, -NING, -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 [v -D, -CING, -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	ABEPSRU	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] (2018)
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]
UPFOLDS	DFLOPSU	UPFOLD, to fold up [v]
UPGAZED	ADEGPUZ	UPGAZE, to gaze up [v]
UPGAZES	AEGPSUZ	UPGAZE, to gaze up [v]



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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 -ED, -IT, -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]
UPPPROPS	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	AEPRTU	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 [v -D, -GING, -S]
UPSTAND	ADNPSTU	to stand up on one's feet [v -TOOD, -ING, -S]
UPSTARE	AEPRTU	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]
UPSURGE	EGPRSUU	to surge up [v -D, -GING, -S]
UPSWEEP	EPPSUW	to sweep upward [v -WEPT, -ING, -S]
UPSWELL	ELLPSUW	to swell up [v -ED, -WOLLEN, -ING, -S]



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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]