

The One With Ross's Tan

1003 罗斯日光浴

乔伊和瑞秋紧张的期待着他们的第一次真正的约会 °

莫妮和菲比不喜欢 Amanda 由 Jennifer Coolidge 客串 °

罗斯嫉妒莫妮的新肤色并决定去做室内日光浴 °



10.03 The One With Ross's Tan

Joey and Rachel have their first official date, but when it comes to getting physical, they just don't feel at ease.

Ross likes Monica's sprayed-on tan, so he decides to get one.

But confusion about the instructions (and whether to count "Mississippily") lead to multiple doses on his front and none on his back.

An old friend (Amanda) of Monica's and Phoebe's moves back into town from England.

They try to cut her out of their lives by ignoring her, without success.

It comes out that years before, Phoebe tried to do the same to Monica.

Joey and Rachel realize their relationship is not going to work.

[Scene :Joey and Rachel's apartment]

Chandler: So, you and Rachel tonight, huh?

Joey: Yeah. It's actually our first **official date**.

Chandler: Wow! So tonight may **be the night**! You're nervous?

Joey: Naa, no. **This is the part I'm actually good at**.

Chandler: What **must it be like** not to be crippled by fear and self-loathing.

cripple vt. 严重削弱 使陷入瘫痪[eg: The traffic was entirely crippled for the day]/**loath adj.** 不愿意的不喜欢的[eg:He is loath to get out of bed on cold mornings]/**self-loathing adj.** 自我憎恨的 厌恶自己的

Joey: (pause) It's OK!

Chandler: How can you be so confident?

Joey: Well, I... I **know exactly** what I'm gonna do!

Chandler: Really? Like you have a routine?

routine n. 惯例 惯常的程序[eg: As soon as she learns the office routine she will be an excellent assistant]

Joey: No, no no no no. See. Each woman is different. You have to **appreciate their uniqueness**.

Chandler: Really?

Joey: No, I do six things! First, I **look deep in her eyes**. Then, I kiss her. Next I **take my hand** and I **softly graze her thigh**.

graze vt. 擦过 掠过[eg: The plane grazed the top of the tree]/**thigh n.** 大腿

Chandler: You mean like this? (he starts touching his thigh in a funny and awkward way)

Joey: NO! Not like that, no no. No, like this. (He starts lightly grazing Chandler's thigh)

Chandler: Oh, I see what you mean, that's quite nice. (They look at each other, both embarrassed)

Joey: More foosball?

Chandler: ...and beer!!

OPENING CREDITS

[Scene :Central Perk. Ross and Chandler are on the couch]

Monica: (entering) Hey!

Ross and Chandler: Hey!

Monica: (to Chandler) Hey sweetie! (they kiss)

Ross: (looking at Monica's legs) WOW!

Chandler: Hey! Stop staring at my wife's legs! No no! Stop staring at your sister's legs!

Ross: I'm sorry, it's just... how did you get so tan?

Chandler: She went on one of those spray-on tan places.

spray on v. 喷射

Ross: Eh, you got a spray-on tan?

Monica: Chandler gets pedicures!

pedicure n. 修趾甲术

Ross: (laughing) Why, why you do, like with the-the toe separators?

toe separator



Chandler: (To Monica) Why...why?

Ross: Still, I can't believe that's **sprayed on**... I mean, it looks really good. I **wonder if** I should get one!

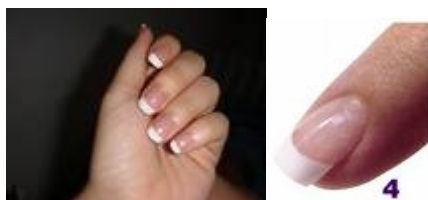
Chandler: Sure, then you should get a mini skirt so you can really **show it off**.

mini skirt n. 超短裙



Ross: So, do you **get colours** or just French tips?

French tip



Monica: There. **Here's their card**.

Ross: Thanks. (he takes the card) Hey, I know where this place is! It used to be an X-rated video... (pauses when he realizes what he is saying) florist. (he goes away)

X-rated adj. 影片等)限制级的花商/florist n. 花商 花店

(Phoebe enters)

Phoebe: Hey!

Chandler: Hey Pheeb!

Monica: Hey Phoebe!

Phoebe: Oh, you won't believe who moved back to town.

Monica: I know, Amanda! Ah! She called me too! She's the worst!

Chandler: Who's Amanda?

Monica: She's this girl who used to live in the building before you did. Then she moved to England and she picked up this fake British accent. On the machine this is her message. (she apes Amanda using an awful British accent) "Monica, darling! It's Amanda calling!"

ape vt. 模仿 学...的样 [eg 'He apes his elder brother in everything he does]

Chandler: Are you trying to do a British accent?

Monica: (pause) (to Phoebe) Chandler gets pedicures!

Chandler: Just so I know, how many more of those can I expect?

Phoebe: You know what Amanda said to me when she got me on the phone? (apes Amanda in a british accent) "Oh, so sorry to catch you on your Mo-Bile!" If-if you don't wanna get me on my mo-Bile, don't call me on my mo-Bile!"

Monica: I know, and she's always bragging about all the famous people she's met.

brag about v. 夸耀某事

Phoebe: Oh, I know! "Oh... I slept with Billy Joel". All right, who hasn't?

William Martin "Billy" Joel (born May 9, 1949) is an American singer, pianist, songwriter, composer and musician. He released his first hit song, "Piano Man", in 1973. According to the RIAA, he is the sixth best-selling recording artist in the United States. Joel had Top 10 hits in the '70s, '80s, and '90s; is a six-time Grammy Award winner; and has sold in excess of (adv. 超过) 150 million albums worldwide. He was inducted into the Songwriter's Hall of Fame (Class of 1992), the Rock and Roll Hall of Fame (Class of 1999), and the Long Island Music Hall of Fame (Class of 2006). Joel retired from recording pop

music in 1993 but continued to tour (sometimes with Elton John). In 2001 he subsequently (adv. 随后地) released *Fantasies & Delusions*, a CD of classical compositions for piano. In 2007 he returned to recording with a single entitled "All My Life", followed by an extensive "World Tour" from 2005–2007, covering many of the major world cities.



Monica: Oh, what are we gonna do! I don't wanna see her!!

Phoebe: Ugh, **Let's just** cut her out!

cut out v. to end or stop [eg: She wants to cut meat out of her diet altogether]

Monica: What?

Phoebe: **Cut her out of our lives!** Just **ignore** her calls and dodge her 'till she **gets the point!**

dodge v. 避开

Monica: Oh, I guess we could try that, but... **it seems so harsh!** (to Chandler) Have you ever done that?

Chandler: No, **had it done to** me though. Feels good !

[Scene :At the tanning salon. Ross and a male assistant are **walking through** a hall]

tanning salon



Assistant: Alright Mr. Geller! Right this way! So, how dark do you wanna be? We have one, two or three.

Ross: Well... I like how you look, what are you?

Assistant: Puerto Rican.

Puerto Rican n. 波多黎各人

Ross: Two, I think a two.

Assistant: You've got to face the red light. When the red light goes on the spraying is about to start so close your eyes. When the spraying stops, count to five. Pat yourself down to avoid drip marks then turn around so we can get your back. Got it?

drip n. 水滴 滴下之液体

Ross: Spray, count, pat, then turn, spray, count and pat.

Assistant: Wow, you catch on quick.

catch on v. 理解

Ross: Well, I have a PhD, so... (assistant walk out, not impressed by this statement)

(Ross takes his bathrobe off and he enters the tanning booth. He stands up in front of the red light and the sprayer starts and sprays his face and torso)

tanning booth/sprayer n. 喷雾器



Ross: One Mississippi, two Mississippi, Three Mis... (the sprayer starts again, spraying him in the face and torso again) WAIT! WAIT! I'm not-I've not finished counting!! (he leaves the booth) (the assistant enters the room)

Ross: You sprayed my front twice!

Assistant: You've never turned?

Ross: No, I barely even got to three Mississippi.

Assistant: Mississippi? I said count to five!

Ross: Mississippi-lessly? (pause) Well, how bad is it?

Assistant: Ain't that bad yet, but it keeps getting darker for the next four hours.

Ross: So, how dark is it gonna get?

Assistant: You got sprayed with two two's and...

Ross: I'm a four?

Assistant: Yeah, but your back's a zero. You're gonna wanna even that out.

even out v. 扯平

Ross: (sarcastically) Really!

Assistant: You might wanna get back in there.

Ross: (annoyed) Ok!

(The assistant leaves and Ross goes back in the spray-on tan booth and turns his back to the spray nozzles, facing the back wall)

nozzle n. 管嘴 喷嘴 [eg: He pointed the nozzle of the fire extinguisher (n. 灭火器) at the flames]

Ross: Wait, wait a minute, there's no light on the back wall! How do I know when it's gonna start? Hello? (he slowly turns and the spraying begins, on his face) Ah, oh, ah! (he turns, but then he turns again and is sprayed in the front again) Ah! (he spits and angrily goes out of the spray-on tan booth and the assistant enters the room) The same thing happened again!

Assistant: You got two more twos?

Ross: (hysterically) I'm an eight!

[Scene :Joey's apartment. Joey and Rachel enter the room]

Rachel: Thanks for dinner.

Joey: I thought you paid. (Rachel does not answer and seems puzzled) Ha, guess we won't be going back there!

Rachel: So.

Joey: Yeah.

(Joey and Rachel start kissing)

Joey: Hey what do you say, we move this onto the likes of the couch?
the likes of<口> a similar kind 象... 这样的事物 [eg: we don't want the likes of you around here]

Rachel: I say—cheesy line—, but ok.

cheesy<俚>sentimental (adj. 情深的);maudlin(adj. 伤感);melodramatic(adj. 情节剧似的) [eg :That Celine Dion song is so cheesy]

(They move on the couch and start kissing again. Joey does his grazing on Rachel's thigh and she slaps his hand)

Joey: What's the matter?

Rachel: I am sorry, I don't know, I am sorry, I don't know why I did that!

Joey and Rachel: Okay

Rachel: Ok, so sorry.

(They start kissing again and, when Joey grazes her thigh, she slaps him on his hand again)

Rachel: I am sorry! Again... I don't know, I don't know what happened,
I must be nervous!

Joey: I don't get it, Chandler loved it!

Rachel: Ok, ok, ok. I promise, I promise, I promise, I won't do it again.
I really do. I promise. This is gonna be great.

Joey: Ok.

(They start kissing again and when Joey grazes, she slaps him three times,
on the hand, and on both cheeks)

Joey: (a little giddy) Uh, was that good for you?

giddy adj. 晕眩的 眼花的 [eg: We were giddy from the summer heat]

[Scene : Monica's apartment. Monica and Phoebe are reading magazines when
the phone rings and Phoebe reaches to pick it up]

Monica: (to Phoebe) No, no, don't get it. Let the machine pick up.

Phoebe: Oh, yeah. Could be Rachel asking if someone could baby-sit again.

Monica: It could be Amanda!

Phoebe: Oh, you're right! I was just kidding about Rachel. Babysitting
is a gas!

gas <美俚>很快乐的事 [eg: Chatting with a friend is a gas]

(The machine picks up the phone)

Amanda: Hello Monica. It's Amanda calling again. I am in the neighborhood
hoping I can pop by your flat!

flat <英>apartment

Monica: You're from Yonkers! Your last name is Buffo-Martisis!

Yonkers n. 扬克斯(美国纽约州东南部城市)

Amanda: Let's see.. to assure you get this directly, ring me back on my mobile.

Phoebe: Ok, don't hold thy breath!

thy pron. <古>(thou 的所有格)你的/ hold one's breath v. 屏息

(Sound of dialing numbers is heard from the speaker of the machine)

Chandler: Hello? Is someone on the line?

Amanda: Yes, I was looking for Monica.

Chandler: Hang on, she's right here. (he enters the living room and hands the phone to Monica)Someone's on the phone for ya.

Monica: We weren't picking up, it's Amanda!

Chandler: (to Amanda) I get pedicures!

Monica: Hi Amanda! Actually now... it's... is not a good time. Dinner tomorrow night? (Phoebe mouths 'no') Ok, Phoebe and I will see you then!

Phoebe: Why, why, why didn't you just say no!

Monica: Well, I said 'no' to her coming over now! I couldn't say 'no' twice! I get this uncontrollable need to please people!

uncontrollable adj. 无法控制的/please vt. 使满足

Phoebe: (leaving) Fine, fine! You would not hold up well under torture!

hold up v. 支撑/torture n. 拷打

Monica: And you would?

Phoebe: I did!

[Scene :Joey's apartment. Joey and Rachel are sitting on the couch]

Joey: Rach, you sure you wanna do this?

Rachel: Absolutely! Absolutely. I d... it's just a little weird, it's you, and it's me, it's just gonna take some getting used to.

Joey: Ok. Well, how, how can we make it easier?

Rachel: Ok, let's work from the top down! (Joey nods, but then puzzled because he does not get it) Just work the bra, Joe!

from the top down adv. 从上到下

Joey: Ok, yeah, got it.

Rachel and Joey: Okay.

(They start kissing and Joey starts to undo her bra, but fails completely)

Joey: This thing welded shut?!

weld vt. 焊接 熔接 [eg: It takes speed and skill to weld steel at this heat]

Rachel: Okay.

Joey: All right, turn around, I got to get a look at this thing.

Rachel: Oh!

(Joey starts trying to undo her bra, but it won't go. The elastic band snaps back, hurting Rachel.)

elastic band n. 橡皮筋 / snap back v. 迅速弹回

Rachel: Ow!

Joey: Sorry!

Rachel: Well this is romantic!

Joey: I'm sorry! (He stands up) This never happened to me before! I'm an expert at taking off bras! I can do it with one hand! I can do it with my eyes closed! One time I just looked at one, and it popped open! I blame your bra!

Rachel: It's a standard issue bra clasp!

standard issue adj. 标准发行的/clasp n. 扣子

Joey: Then I blame you! Yeah! That's right! You threw me off with all your slapping!

throw off v. 摆脱掉

Rachel: Ok well, well I'm really, I'm sorry about that Joey, but do you think that maybe on some level, you don't want to take off my bra?

Joey: (contemplates for a few moments what Rachel just said) NAH! I don't have another level!!

contemplate v. 沉思

[Scene :Monica and Chandler's apartment]

(Chandler is at the table reading; Monica puts some food for him on the table. Ross walks in looking very tanned. Chandler and Monica look up at him smiling.)

Chandler: Hold on! There is something different.

Ross: I went to that tanning place your wife suggested.

Chandler: Was that place... **The Sun?**

Ross: Oh! And it gets worse! (Turns his side to Chandler and Monica and pulls up his shirt. There's a distinct line across his body, where his belly is very tanned and his back is very pale.)

pale adj. 苍白的

Chandler: Oh My God! You can do a duet of Ebony and Ivory all by yourself!

duet n. 二重唱 二重奏/ebony n. <植>黑檀 乌木/ivory n. 象牙/Ebony and Ivory n. 黑白配
/"Ebony and Ivory" is a 1982 number-one single by Paul McCartney, performed with Stevie Wonder. It was released on March 29 of that year. At the simplest level, the song is about the ebony (black) and ivory (white) keys on a piano, but also deals with integration and racial harmony on a deeper level. The title was inspired by McCartney hearing Spike Milligan say "black notes, white notes, and you need to play the two to make harmony folks!". The song is featured on McCartney's album Tug of War (n. 拔河) as well as several of Wonder's Greatest Hits albums.



Monica: How could you **mess this up**? It's so easy? You go into the booth, you **count to five** and you turn around!!

Ross: (looks at her **suspiciously**) How do you count to five?

Monica: One Two Three...

Ross: (Yells) Damnit! (Goes to the door to leave. Rachel just enters, sees him and starts laughing)

Rachel: (laughing) oooh! Oh oh!

Ross: (Still yelling) I Know!

Rachel: oh oh! **What is up with** Miss Hawaiian Tropic?

Hawaiian adj. 夏威夷的

Miss Hawaiian Tropic



Chandler: How was your date with Joey?

Rachel: Well, it was good.. until we **got back to** our apartment, and then we were **fooling around** and he started to **put his hand up** my leg and I **kept slapping it away**!

Chandler: You didn't like that?

Rachel: Well, it wasn't just me, alright? He freaked out too! He couldn't even undo my bra!

Monica: Wow, really? One time he just looked at my bra and it popped open.

(Chandler starts looking at her bra)

Rachel: I do not know what's wrong with us, I mean, we have kissed before and that's been great! But this time it was leading somewhere and I was very aware of the fact that it was Joey touching me.

Monica: Well, you guys have been friends forever. Remember the first time that you kissed Ross? How weird that was? You couldn't stop laughing? You got through that.

Rachel: (looking thoughtful) Ok, that's true. That's true, we can do this. You're right, you're right, we can do this. We're just gonna power through!

(Joey walks in)

Joey: Hey Chandler can I talk to you for a second (points to the hall).

Rachel: (To Joey) No need!! Problem solved, we are powering through (At which point she grabs his hand and pulls him back to their apartment).

(Chandler resumes staring at Monica's bra)

Monica: (sees what he is doing) Chandler, stop! It is not going to pop open!

Chandler: (without taking his eyes off the bra) You don't know! (Monica just smiles)

take one's eyes off 眼光移走

[Scene: Central Perk. Phoebe is sitting on the couch. Monica walks in]

Monica: Hey Phoebe!

Phoebe: Hey!

Monica: Is Amanda here yet?

Phoebe: No.

Monica: (sits down) Oh good. Good, look I'm so sorry, for **screwing up** that cutting-her-out plan. But I have a new plan. Chandler **agreed to call here in a few minutes with an emergency.**

Phoebe: Oh! Well, what kind of emergency that **gets us both out of here?**

Monica: Well, what do you think of Mike and Chandler being in a car accident?

Phoebe: (makes a face) Are you kidding, I love it!

(A blonde woman walks in. Supposedly Amanda)

supposedly adv. 按照推测地

Phoebe: Hi!

Monica: Hi!

Amanda: Hi! (Phoebe and Amanda hug)

Jennifer Coolidge (August 28, 1963) is an American comedic actress. Coolidge was born in Boston, Massachusetts to Paul Coolidge, a plastics manufacturer. She was raised in Boston and has a sister, Suzanne. Coolidge attended Norwell High School and Emerson College in Boston. She has dated actor Chris Kattan and currently dates writer Banks McLintock. Coolidge is known for her supporting roles in many comedy movies and guest spots on television. She is best known for playing "Stifler's mom", the consummate "MILF", in the American Pie films, though she is also known for supporting parts in other films, including Hilary Duff's stepmother in A Cinderella Story, Paulette, the manicurist (n. 指甲修饰师) in Legally Blonde and its sequel, and the voice of Aunt Fanny in the animated feature Robots.



Amanda: (To Monica) Hello!

(Monica holds her hands out for a hug, but instead of hugging her, Amanda hangs her purse on one of Monica's extended arms.)

Amanda: (In a fake British accent) It's so nice to see you! Both of you! Look at me. Look how young I look! (gives her coat to Monica as well) Oh gosh! We have so much to catch up on! But first things first: touch my abs (at which point she grabs both Phoebe and Monica's hands and places them both on her stomach) I don't exercise at all! (she pulls them down to sit.) Oh gosh, so Monica, you're married!

catch up on v. 赶完 弥补 [eg: I had to comfort my girlfriend until late last night, so I've got to catch up on my homework]/first things first adv.
重要的事情先来/abs n. 腹部肌肉

Monica: (beaming) Yeah! Yeah! His name is Chandler and...

beaming adj. 笑容满面的 心情愉快的 [eg: beaming parents watching a baby]

Amanda: (To Phoebe) Smell my neck! (Phoebe does so) It's not perfume! It's me! It's my natural scent!

(Monica looks shocked)

Phoebe: Musty!

musty adj. 发霉的 有霉味的 [eg: a musty room]

Amanda: Oh! Gosh! This is brilliant. Gosh, it's just like old times. I'm so happy you two are friends again!

Monica: When were we not friends?

Amanda: Well, it was 1992, and I remember because that was the year I had sex with Evel Knievel (She starts laughing very proudly).

Robert Craig "Evel" Knievel, Jr. (born October 17, 1938 in Butte, Montana) is a motorcycle daredevil (n. 铤而走险的人) who has been a household name since the late 1960s. Evel Knievel's highly publicized motorcycle jumps, including his attempt to jump over the Snake River Canyon (<美>峡谷), claim four of the top 20 most-watched Wide World of Sports events of all time.



Monica: Ehm, we were friends in 1992.

Amanda: (to Phoebe) No I distinctly remember you were dodging her (points at Monica) calls and trying to avoid seeing her.

distinctly adv. 清楚地

Monica: (To Phoebe) You were going to cut me out?

Phoebe: Well...kinda.

Monica: Oh My God!

Amanda: Oh! Bugger. Should I not have said that? I feel like a perfect arse!

bugger<俚>An exclamation to a really bad occurrence[eg: Oh bugger, I got my nose caught in the toaster again]/arse <英>饭桶 笨蛋

Phoebe: Yeah well, in America you're just an "ass".

(Monica's mobile starts ringing. She picks it up.)

Monica: (Into the phone) Hello? Chandler, what's wrong? (She listens) Oh my God, are you alright? (listens some more) Yeah, I'll be right there. (She hangs up and speaks to Amanda) I'm so sorry, but Chandler was in a car accident. (She gets up)

Phoebe: (Also gets up and starts taking her purse) Oh my God. Was Mike with him?

Monica: Nope! (She turns and leaves)

[Scene :Joey and Rachel's apartment.]

(Joey comes running in.)

Joey: (To Rachel) Hey!

Rachel: Hey! Got champagne?

Joey: Yes ma'am, **ready to** Power through!

Rachel: Excellent! **Stick it in** the ice bucket, the phone is off the hook, and in the interest of powering through (Starts to remove her bra **from under** her clothes)...

ice bucket n. (餐桌上冰镇酒或饮料的)冰桶/off the hook<口>脱身 摆脱困境[eg: The teacher let him off the hook with a warning this time]/in the interest of adv. 为了 为了...的利益

Joey: Uh! (When she's done she throws her bra at him)

Rachel: Ok (starts to light some candles) Sexy, sexy, very sexy, sexy. (Claps her hands and **jumps at** Joey, clearly very excited) Alright! Let's do it!

Joey: Ok, you're **scaring me a little bit**.

Rachel: Oh! **Get over it** soldier, we've gotta do this! (She **pulls him towards** her and throws him onto the barcalounger) Ok. Aha! You like that huh?

Joey: Oh! yeah!

Rachel: You like that? (She climbs on the barcalounger **seductively**, putting her knees next to Joey's hips.) **Let's take this into high gear** (She pulls the barcalounger lever and seat reclines. She puts one of her knees between his legs and begins to kiss his neck.)

high gear n. 高速档/take sth into high gear 马力全开/recline vi. (座椅)靠背可活动后仰

Joey: uh uh!

Rachel: Yeah baby, I'll show you how we do it!

Joey: No, no, no! You **kneed me in** my misters!

Rachel: What? Oh my God! I'm so sorry. Joey? Are you ok?

Joey: (He just sits there, legs very close together **with a painful look** on his face) **Soldier down!**

[Scene : Monica and Chandlers apartment.]

(Chandler is sitting on the couch reading. Monica walks in.)

Monica: We are **not** friends with Phoebe **anymore**.

Chandler: If she asks, I **protested a little**, but ok!

(Phoebe and Amanda walk in)

Phoebe: Oh Chandler! Thank God you're alive. Monica, can I talk to you **outside** for a minute?

Monica: I **have nothing to say to** you.

Amanda: (announces more **to herself** than anyone else) Wow, my flat is **twice this size!**

Phoebe: Please, Monica? In the hall?

(They both walk to the door and enter the hallway.)

Amanda: Ooh, that accident **must have been** terrible. You look positively ghastly.

positively adv. 确实 无疑/**ghastly** adj. 死人般的 鬼一样苍白的 [eg: She looked ghastly]

Chandler: Well, **aren't you a treat**.

(Cut to The hallway)

Monica: I can't believe you tried to cut me out. Why Phoebe, why?

Phoebe: It was **right after** we were living together and you were **driving me crazy**, okay? You were really **controlling** and compulsive and shrill.

compulsive adj. 强迫的 强制的/**shrill** adj. 尖声的 刺耳的 [eg: Helen let out a shrill cry when she caught sight of a snake]

Monica: I'm **still all those** things!

Phoebe: You're also so generous and kind and scrappy!

scrappy adj. full of fighting spirit 好斗的 爱打架的

Monica: (starts smiling) I am scrappy.

Phoebe: Exactly! Look, no matter what I tried to do, I couldn't keep you out of my life. Of all the people I have cut out, you were the only one who ever clawed her way back in.

claw vt. 费力地夺回(+back)

Monica: It's because I'm scrappy.

Phoebe: Yeah, you are. And I'm so glad that you fought your way back in, because I don't know what I would do without you.

Monica: I won't know what I would do without you.

(They hug)

Monica: Well, I guess we should go back in. When you gave me another chance, I guess we should do the same for Amanda.

Phoebe: Yeah, I guess you're right.

(They both enter the apartment again, where Amanda is "dancing" for Chandler, but she's really terrible at it)

Amanda: Can you believe it. I've never had any professional dance training.

(Monica and Phoebe look at each other and leave the apartment again)

[Scene :A different spray-on tan center]

(Glenda, who works here, and Ross are walking to the room with the spray-on tan booth.)

Glenda: Now, let me explain how this works. You go into the booth, and...

Ross: I'm gonna stop you right there, Glenda. Okay? Does it look like this is my first time, huh? Now I want 4 two's... and I want them all on my back.

Glenda: (quietly) Okay...

(Ross enters the room, takes off his robe and enters the booth. He stands with his back to the nozzles and then realises that this booth has nozzles at both sides of the wall)

Ross: Wait a minute, there's two sets of nozzles, which one is it?

(He turns around frantically from side to side.)

Ross: Which... which... which... Which one is it?

(He then stops turning, facing one of the nozzles, which starts spraying in this face and front again.)

Ross: OH! SON OF A BITCH!

(He now turns to the other side, which also starts spraying his face and front.)

[Scene 'Joey and Rachel's, Joey and Rachel are both sitting on the couch.

Joey keeping his knees pressed against each other]

Rachel: What is the matter with us?

Joey: Well, I know what's the matter with me.

Rachel: No, I mean with us, you know. I mean, is it supposed to be this... difficult?

Joey: I don't know.

(Chandler enters the apartment)

Chandler: That fake British woman is a real bitch, but she sure can dance...

Hey!

Rachel: Hi! Hey, listen, can we ask you a question? When you and Monica first hooked up, was it weird going from friends to... more than that?

Chandler: Kinda... you know, sneaking around, having to hide from you guys...

Rachel: No, no, no... No, I mean... se-x-u-ally...

Joey: Yeah, was there a part of you that... felt like it was... really wrong?

Chandler: Actually, no. No, it felt right. You know, it felt like uhm... I can't believe we haven't been doing this the whole time.

(Rachel and Joey are still looking at Chandler, slowly letting his words get to them)

Chandler: I can tell from your expressions that that's the good news you were hoping for... Well, I'm gonna go continue to... spread the joy. (Chandler leaves the apartment. Joey sighs)

Rachel: Well, just because it happened that way for them doesn't mean it has to happen that way for us.

Joey: Yeah, yeah... Absolutely. I mean, just because something's difficult doesn't mean that you quit.

Rachel: Right, totally.

Joey: Yeah, so we just keep trying and trying until we... do it.

Rachel: Yeah, and if doesn't work, then we'll be just one of those couples that never have sex.

Joey: That's a... pla-an.

(They both stare for a while, and then look at each other)

Joey: (sighs) Wow... I did not see this coming.

Rachel: I know.

Joey: I don't get it. I mean, I was so sure **this was what I wanted.**

Rachel: Hmmm... Me too...

(She puts her head on Joey's shoulder and Joey kisses her on her head.)

Rachel: I **wonder how** Monica and Chandler could do it?

Joey: I guess they weren't **as good friends as** we are.

(Lifts her head from Joey's shoulder)

Rachel: Aah... I bet you're right.

(They look at each other for a while)

Joey: So...

Rachel: Yeah.

Joey: I love ya.

Rachel: Love you too... Alright, I'm **going to bed.**

Joey: Yeah, me too.

(Rachel gets up, and Joey tries to get up, but **halfway up** he sits down again.)

Joey: Ooh, yeah, I'm not **going anywhere for a while.**

(Joey takes the ice-bucket with the champagne bottle in it and puts it on his sore spot)

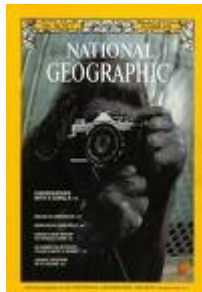
sore spot n. 痛处

ENDING CREDITS

[Scene 'Ross's apartment.]

(Ross is reading a National Geographic on his sofa when Chandler knocks on the door.)

The National Geographic Magazine, later shortened to National Geographic, is the official journal (n. 定期刊物) of the National Geographic Society. It published its first issue in 1888, just nine months after the Society itself was founded. It has become one of the world's best-known magazines and is immediately identifiable by the characteristic yellow border running around the edge of its cover. There are 12 monthly issues of National Geographic per year, plus additional map supplements (n. 增刊). On rare occasions, special editions are also issued. It contains articles about geography, popular science, history, culture, current events, and photography. The current Editor-in-Chief of National Geographic Magazine is the renowned photographer, Chris Johns. Society Executive Vice President John Q. Griffin, and President of the Magazine Group, has overall (adj. 全面的 全部的) responsibility for the English language magazines at National Geographic. Terry B. Adamson, Executive Vice President of the Society who also is the Society's chief legal officer and heads governmental relations, has overall responsibility for the Society's international publications, including National Geographic Magazine. With a worldwide circulation in all languages of nearly nine million, more than fifty million people read the magazine every month. In May, 2007, National Geographic magazine won the American Society of Magazine Editors' prestigious General Excellence Award in the over two million circulation category and the best photography award for three issues of the magazine in 2006.



Chandler: Dude, it's Chandler. **Let me in.**

(Ross's face is now a **VERY** dark **shade of brown.**)

Ross: Go away! I don't want to see anybody.

Chandler: I know, I went to the tanning place and **the same thing happened to me.** You have to let me in.

Ross: Really? Did you count Mississippi?

(Ross walks to the door and opens it.)

Ross: Dude, you're not tanned.

Chandler: No, I just had to **get a picture of** this.

(Chandler holds up a camera and takes Ross's picture.)

Chandler: I see you later!

(Ross closes the door)

The End