

# heave *(heave)*

## Definition

v. 1 to push up or out with great effort 2 to throw with great force 3 to let out loudly 4 to throw up from one's stomach n. pulling hard

## Example Sentence

The sailor had to **heave** the anchor overboard.

## Synonyms

lift; throw with effort; fling; haul

## Antonyms

digging

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