Give the benefit of the doubt
Believe someone's statement, without proof.

Hear it on the grapevine
This idiom means 'to hear rumors' about something or someone.

Hit the nail on the head
Do or say something exactly right

Hit the sack / sheets / hay
To go to bed.

In the heat of the moment
Overwhelmed by what is happening in the moment.

It takes two to tango
Actions or communications need more than one person

Jump on the bandwagon
Join a popular trend or activity.