



DANCEZING NEWS

JANUARY 22ND 2021

DANCEZING NEWS

Check out the tasty recipes submitted by Heather this week. Yummy - sounds delicious. The cover photo was sent in by Dick - find out more on page 4
What a year 2020 was! but how much can you remember? Test your knowledge in our 2020 quiz on page 6.

DANCEZING NEWS BULLETIN

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by Sue & Heather

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LOCK DOWN PURSUITS - BAKING

Sue loves to bake and has been doing a lot during lock down I have been the lucky recipient of some very tasty cakes, thanks to Sue.

Sue says "I made these ginger cookies for presents this year for my family. The idea came to me one night when I couldn't sleep. They are all edible and everyone enjoyed them. I also made shortbread ones wishing my sons a happy new year!! The laces were strawberry flavoured."



If you have been baking why not send us some photos? Or share your favourite recipes with us? **Heather** has shared these delicious recipes. Let me know if you give them a try...

Chinese Spicy Crab and Sweetcorn Soup

- 145g tin of shredded crabmeat or 100g fresh white crabmeat
- 600ml boiling water
- 2 heaped teaspoons sugar
- 15g vegetable stock powder (e.g. Swiss Bouillon)
- 150g tinned, frozen or fresh off the cob sweetcorn
- 50g frozen peas
- 15g Cornflour
- 50g carrot
- 1 tablespoon fish sauce
- 50g red bell pepper
- Small handful of coriander
- Black pepper and ¼-½ a teaspoon of chilli powder



Dice the carrot and red pepper into squares roughly the same size as the peas and sweetcorn. Drain the liquids from the tinned crab and sweetcorn into a jug, add the fish sauce and cornflour and mix well (Use an extra 50ml water for this if you are using using fresh crab and sweetcorn). Dissolve the vegetable stock powder and sugar in the boiling water in a medium-size saucepan and add the diced carrot. Simmer gently for 5 minutes then add the remaining vegetables, bring back to the boil and cook for another 5 minutes then add the coriander, black pepper and chilli powder according to taste. Gradually add the cornflour mixture, stirring constantly to thicken the soup, finally add the shredded crabmeat, mix this through the soup, cook gently for a further minute and then serve. Makes one litre, which gives four generous portions or would serve 6 people as part of a Chinese meal.

LOCK DOWN PURSUITS - BAKING

Bailey's Ice Cream

This recipe produces a velvety-smooth very soft-scoop ice cream with no need for an ice cream machine or mashing up as it freezes.

Warning: this recipe contains raw egg whites

You will need a 1.5 litre freezer container and an electric whisk. Makes about 1 litre



2 large egg whites at room temperature

A pinch of salt

120 g icing sugar, sieved

400 ml double cream

150 ml Bailey's Irish cream liqueur

2 teaspoons vanilla extract

Put the egg whites and salt in a large mixing bowl and whisk until stiff, gradually whisk in the icing sugar a spoonful at a time to make a meringue mix. Put the double cream, Bailey's and vanilla extract in a separate bowl and whisk together until the mixture thickens to almost the same texture as the meringue. If your meringue mix is much stiffer then first add 2-3 spoons of the cream mixture to the meringue and fold in with a spoon or spatula to loosen the meringue, and then mix in the remainder. Pour the mix into your freezer container and freeze for at least 6 hours.

To make the ice cream less soft-scoop reduce the amount of icing sugar to 80 g and just use 100 ml of Bailey's.

Having mastered the basic recipe feel free to experiment with other types of alcohol! If your tippie of choice has more than 17% alcohol content use a smaller quantity. Amaretto is very good, or if you fancy a rum and raisin version it is best to prepare your raisins 2-3 weeks in advance by soaking 150 g raisins in 150 ml of dark rum for 2-3 weeks so that they soften and absorb some of the rum. Drain the remaining liquid to use in the cream as above then fold the raisins into the meringue and cream mix just before you freeze it.

This is also the ideal recipe to adapt for using up that strange flavoured liqueur you brought back from your holiday 3 years ago, which tasted so wonderful then, but lost its charm as soon as you returned home, and the remainder of the bottle is still lurking in the back of a cupboard!

Heather says:

"Dear Nicky,

You asked for articles or recipes for your next newsletter. Here you go, one to warm you up on a cold day, and another to cool you down after an energetic Line Dance session.

Sorry I don't have a photo of the Bailey's ice cream - Bob ate it all before I could take a picture!"



Tuesday 19th January 2021

Dance List

Beginner

- **LOVE YOU CHA** (Teach)
- Cooler Than Me
- Baby Vegas
- Piano Man
- Coastin'

Improver

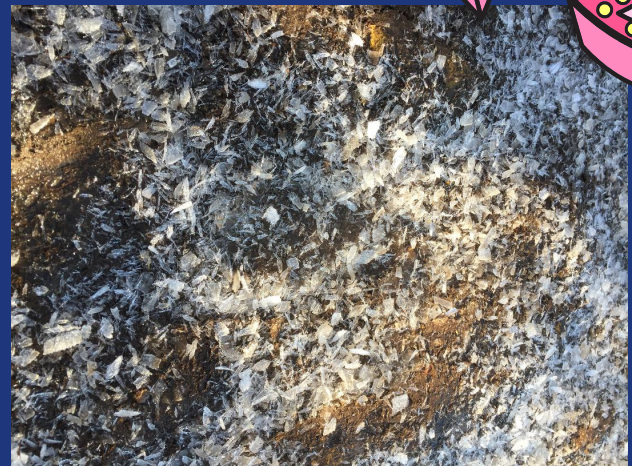
- **BUMBLEBEE** (Teach)
- Bored
- Half Past Nothin'
- Dance Monkey

Intermediate

- Wow Tokyo
- Rock Paper Scissors
- Wintergreen
- Drip Droppin'
- Tough Love
- Expectations

This week in our online sessions I taught 2 dances. These have both been nominated for Crystal Boot Awards this year.

'Love You Cha' has gone down really well with everyone. I have added tutorial videos to the website. Click on the dance titles to take a look



Thank you to Dick & Ricky for sharing the above photos. Does anyone have any further information?

Dick says: "Just for interest, Ricky and I went out for a walk yesterday morning. It was still very cold but the sky was clear and the sun was out. We could see something falling down from the trees, and hitting us as we passed underneath. At first we thought it might be frozen snow melting, but it was too cold for that. When we looked more closely we found that it was frozen ice flakes falling from the trees. Presumably the sun was doing just enough to start to melt the ice and a slight breeze was enough to detach them. We've never seen this before, but presumably it has a name!"

TUTORIAL DANCE VIDEOS - BEGINNER



Click on the dance title to view the tutorial video

BEGINNER LEVEL

[Do You Remember](#)

[Ruby Ruby](#)

[Maverick Shuffle](#)

[The Lemon Tree](#)

[Until the Dawn](#)

[MD Honky Tonk](#)

[Bonaparte's Retreat](#)

[Coastin'](#)

[Little Rhumba](#)

[Honey I'm Good](#)

[Lipstick, Powder & Paint](#)

[Simply Mambo](#)

[Stand Up & Boogie](#)

[Precious Time](#)

[Gently Does It](#)

[Feel the Way I Do](#)

[Dance Monkey](#)

[South Sea Shuffle](#)

[Primer Beso](#)

[Cowboy Charleston](#)

[Jo 'n' Jo Tango](#)

[Cha Cha Espana](#)

[Begin to Swing](#)

[Special Delivery](#)

[Nothing Compares](#)

[Under the Sun](#)

[Champagne Promise](#)

[My Pretty Belinda](#)

[Rocket to the Sun](#)

[Bye Bye Mambo](#)

[Love You Cha](#)



Waltz Across Texas - ELD 19/11/20

Yes I Do! - ELD 24/11/20

Emergency - ELD 26/11/20

Tush Push - ELD 11/12/20

Piano Man - ELD 12/1/21

[Click here to access a practice video with 10 beginner dances](#)

TUTORIAL DANCE VIDEOS - IMPROVER

[Gone West](#)

[Crystal Touch](#)

[Keep Young](#)

[La Fiesta Cubana](#)

[What A Man Gotta Do](#)

[Mack the Knife](#)

[Senorita La-La-La](#)

[Bumblebee](#)

New!

[Guetta's Party](#)

[Stitch It Up](#)

[Pot of Gold](#)

[Elliot's Dream](#)

[Quando When Quando](#)

[Playboys](#)

[Black Coffee](#)

[Sunrise](#)

Late Night Call - ELD 19/11/20

Cecilia - ELD 24/11/20

Half Past Nothin' - ELD 1/12/20

Jamaican Love - ELD 8/12/20

Modern Romance - ELD 12/1/21

[Click here to access a practice video with 9 improver level dances](#)

TUTORIAL DANCE VIDEOS - INTERMEDIATE

[Chill Factor](#)

[Faithful Soul](#)

[Clap Happy](#)

[Vanotek Cha](#)

[Caribbean Pearl](#)

[Tough Love](#)

[Shakatak](#)

[SXE](#)

[Nancy Mulligan](#)

[Liquid Lunch](#)

[Moves](#)

[Drip Droppin'](#)

[Graffiti](#)

New!

Up - ELD 24/11/20

Wow Tokyo - ELD 1/12/20

Wintergreen - ELD 12/1/21

[Click here to access a practice video with 9 intermediate level dances](#)

2020 QUIZ

(answers at the bottom of the page)

1. At the very start of the year, which country experienced devastating bushfires in every territory?
2. In January a volcano began to erupt in which capital?
3. Which basketball superstar died in a helicopter crash?
4. Which film featured James Corden, Taylor Swift, Dame Judi Dench and Jennifer Hudson?
5. What is the name of the former British Army officer who won the nation's hearts when he raised over £38.9m for NHS Charities Together in the run up to his 100th birthday?
6. In May, Michael Jordan's autographed Air Nike 1s trainers from 1985 sold for how much money?
7. Which music mogul broke his back riding an electric bike?
8. What did protesters in Bristol throw into the harbour during protests for racial equality?
9. Which Formula One driver matched Michael Schumacher's record of single circuit wins after winning his eighth Hungarian Grand Prix?
10. Dominic Cummings claimed to have driven to which castle to test his eyesight?
11. What was the most watched documentary on Netflix in 2020?
12. Which rapper attempted to run for President as an independent?
13. Where were the Olympics supposed to be held in 2020?
14. The World Health Organisation named 2020 the year of what?
15. How many days were there in 2020?



Covid-19 is not a joke...

A former patient was so brain damaged afterwards that he wrongly believed he had won an election that he actually lost by 7 million votes

