



DANCEZING NEWS

JANUARY 29TH 2021

DANCEZING NEWS

Knitting and cooking seem to have been popular lock down pursuits during this winter lock down.

The cover photo was taken by our very own talented photographer & dancer Gill Peachey.

DANCEZING NEWS BULLETIN

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by Anne, Claire & Mark

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LOCK DOWN PURSUITS - KNITTING



These are photos of what Anne W has been busy doing during lock down. How fabulous! We certainly have many talented dancers in our Dancezing family! Please share photos of what you have been doing to keep busy over the winter months.

Here is a message from
Claire



"For your next newsletter you might like to include the attached picture of Mark dancing on the sofa on his birthday. I had arranged for a zoom party with friends and family. Our adopted parents (long story!) did a quiz on the events in the 1960s, my sister and her partner entertained us with songs from the 70s including getting us all moving to YMCA, then Mark's brother took us through a day in the 80s starting with pop tarts, leg warmers and a match programme from Marks favourite football team and ending with a game of Spitting Image. For the 90s I had people hunting their houses for objects connected to our meeting, marrying and house moving. There were marks for ingenuity as well as speed. Then my best friend did a quiz and poem based on the 2000s and Jack finished us off with a game of Categories based on Marks current interests. Yes, dancing was included as we each had to show a dance move! All in all where I had been wondering how we would fill an hour, 2 hours sped past and a good time was had by all. We ranged in age from 85 to 13 and were there from Dorset, Wiltshire & Gloucestershire as well as good old Surrey .

It was my first time arranging anything by Zoom and all I have to say is give it a go! The most difficult bit was keeping it all a secret from someone who is there 24/7. I had told him that I was having a WI meeting on zoom in the bedroom when in fact it was all his relatives were having a test rehearsal! He really enjoyed the surprise Dancezing session in the afternoon, so big big thanks to Nicky as that would have been impossible to contact everyone and keep it confidential. Still, we can't wait to getting back to live dancing and seeing everyone for real."

LOCK DOWN PURSUITS - BAKING

New and warming ways to serve mince this winter: interchangeable recipes for minced beef, pork, lamb, and lentils.

Traditional Italian polpettine al pomodoro – meat balls in tomato sauce with spaghetti

This recipe can be made ahead and kept, covered in the fridge for a day or two. Simply cook the pasta and reheat the sauce and meatballs when ready. Mix and serve. Use this recipe to make vegetarian friendly version using mince mushroom or aubergine instead of meat and cooked/canned Puy lentils instead of sausage meat.



Makes 24 meatballs, serves 4 – 6

500 g spaghetti and 100 g grated Parmesan to serve

Extra virgin olive oil

2 x 400 g tins of whole plum tomatoes, drained, reserving the liquid

2 cloves of garlic

A pinch of chilli flakes

Put a large saucepan on medium heat and when hot add enough extra virgin olive oil to cover the base.

Add the drained tomatoes straight away, together with the garlic cloves and chilli. Mash the drained tomato to a pulp and cook on high for a few minutes, reduce the heat to low, add the reserved tomato juice, cover with a lid, and cook for 20 minutes.

Add 250 ml of water and cook for a further 20 minutes.

While the tomato sauce is cooking make the polpette and put a large pan of water on to boil, adding plenty of salt.

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LOCK DOWN PURSUITS - BAKING

250 g minced steak or lean pork or minced aubergine or mushroom for a vegetarian version

200 g coarse sausage meat, preferably Italian or cooked or tinned Puy lentils, mashed for the vegetarian option

40 g breadcrumbs

25 g grated parmesan

1 egg

1 tablespoon chopped parsley

A grating of nutmeg

Pinch of ground chilli

Salt and black pepper



Thank you to
Mark for
sharing these
recipes!



Put all the ingredients in a bowl and mix well with your hands. Using a teaspoon, start making the meatballs, use 20 g of mixture for each one. Roll the balls between the palms of your hands and line up on a board until required. You should have 24 - 30.

When the tomato sauce is ready, carefully add the meatballs in a single layer, be careful not to squash them together, or on top of each other, and cook over gentle heat for twenty minutes.

When the water comes to the boil, add the pasta, and cook according to the instructions on the packet. Drain, reserving a cupful of the cooking water. Return the pasta, the reserved water and two tablespoons of parmesan to the pan and mix well, then add the tomato sauce and the meat balls and stir well until coated. Don't stint on the mixing, it is important to coat the spaghetti with the sauce.

Tip onto a large serving dish and scatter with extra Parmesan.

Serve with extra Parmesan and a salad.



LOCK DOWN PURSUITS - BAKING

Vegetarian Italian polpettine al pomodoro - savoury balls in tomato sauce with spaghetti

Make the polpettine and the sauce ahead of time. Then simply cook the pasta and reheat the sauce and meatballs, mix and serve.

Makes 24 -30 polpettine, serves 4 - 6

500 g spaghetti and 50 g grated Parmesan to serve

Extra virgin olive oil

2 x 400 g tins of whole plum tomatoes, drained, reserving the liquid

2 cloves of garlic

A pinch of chilli flakes

Put a large saucepan on medium heat and when hot add enough extra virgin olive oil to cover the base. Add the drained tomatoes straight away, together with the garlic cloves and chilli. Mash the drained tomato to a pulp and cook on high for five minutes, reduce the heat to low, add the reserved tomato juice, cover with a lid, and cook for 20 minutes. Add 250 ml of water and cook for a further 20 - 30 minutes until the sauce is rich and dense. While the tomato sauce is cooking make the polpette.

250 g cooked aubergine or other vegetables to taste

In advance, pierce the aubergine a couple of times with a fork and bake in a microwave oven for 5 - 10 minutes or on a tray at 190 C until tender, say 40 minutes, then leave to cool, squeeze out excess liquid, and chop finely.

200 g mashed ready cooked puy lentils

40 g breadcrumbs

25 g grated parmesan

1 egg

1 tablespoon chopped parsley

A grating of nutmeg

Pinch of ground chilli

Salt and black pepper

Pre-heat the oven to 200 C if baking. Put all the ingredients in a bowl and mix well with your hands. Using a teaspoon, start making the meatballs, use 20 g of mixture for each one. Roll the balls between the palms of your hands and coat with flour, you should have 24 - 30. Line up on an oiled baking tray and cook in the pre-heated oven for 20 minutes or until golden. Alternatively, deep fry in vegetable oil.

When the tomato sauce is ready, carefully add the meatballs in a single layer, be careful not to squash them together, or on top of each other, and reheat when ready to serve.



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LOCK DOWN PURSUITS - BAKING

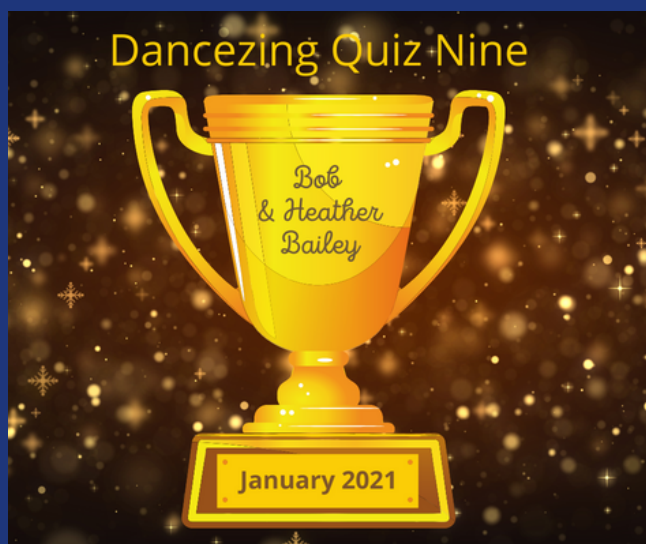
Vegetarian Italian polpettine al pomodoro
- savoury balls in tomato sauce with spaghetti

Bring a large pan of water to the boil, add a handful of coarse salt and the pasta, and cook according to the instructions on the packet. Taste a couple of minutes before the cooking time is up and drain, reserving, a cupful of the cooking water. Return the pasta, the reserved water and two tablespoons of parmesan to the pan and mix well, then add the tomato sauce and the meat balls and stir well until coated.

Do not stint on the mixing, it is important to coat the spaghetti with the sauce. Tip onto a large serving dish and scatter with extra Parmesan. Serve with extra Parmesan and a salad.



DANCEZING QUIZ



Congratulations to our first
Dancezing Quiz champions of 2021
Heather & Bob!

Well done to everyone who took part in our first quiz of the year. It was great to see so many of you and as always good to have a chat and a giggle with you all too.

Pleased to hear that you would like our quizzes to continue. I will get to work on one for February.

**Our next
Dancezing Quiz
will be on
Friday 19th Feb
@ 7.30pm**



**SAVE
THE
DATE**



65

Tuesday 26th January 2021 Dance List

Beginner

- **LOVE YOU CHA** (Recap)
- Piano Man
- Dance Monkey
- Black Coffee
- Bosa Nova
- Bye Bye Mambo
- Tush Push

Improver

- Rebel Just For Kicks
- **BUMBLEBEE** (Recap)
- Something in the Water
- Modern Romance
- Champagne Promise
- Jamaican Love

Intermediate

- Vanotek Cha
- Faithful Soul
- **ROLLING STONE**
(Teach)

There were a few "gremlins" in the system on Tuesday in our online session. It would seem that the problem may have been with the ELD server because my internet at home was working perfectly fine, when I checked.

This means that you will find 3 recordings for 26th January as follows:



Recording 1:

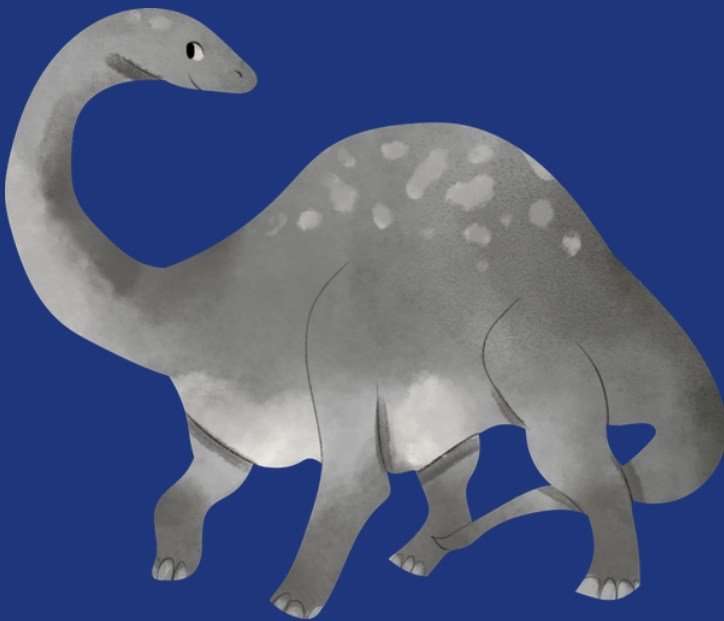
- Vanotek Cha - Rebel Just For Kicks

Recording 2:

- Bumblebee - Dance Monkey

Recording 3:

- Black Coffee - Tush Push



Check out this fantastic 360 video where David Attenborough gets to meet the biggest animal to ever walk the earth.

Click on the dinosaur to go to the video.

It really is amazing. Thank you to Najma for sharing the link :)

TUTORIAL DANCE VIDEOS - BEGINNER



Click on the dance title to view the tutorial video

BEGINNER LEVEL

[Do You Remember](#)

[Ruby Ruby](#)

[Maverick Shuffle](#)

[Honey I'm Good](#)

[Lipstick, Powder & Paint](#)

[The Lemon Tree](#)

[Until the Dawn](#)

[MD Honky Tonk](#)

[Bonaparte's Retreat](#)

[Coastin'](#)

[Little Rhumba](#)

[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](#)

[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

[Love You Cha](#) - ELD 19/1/21



[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](#)

[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

[Bumblebee](#) - ELD 19/1/21

[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](#)

[Up](#) - ELD 24/11/20

[Wow Tokyo](#) - ELD 1/12/20

[Wintergreen](#) - ELD 12/1/21

[Rolling Stone](#) - ELD 26/1/21

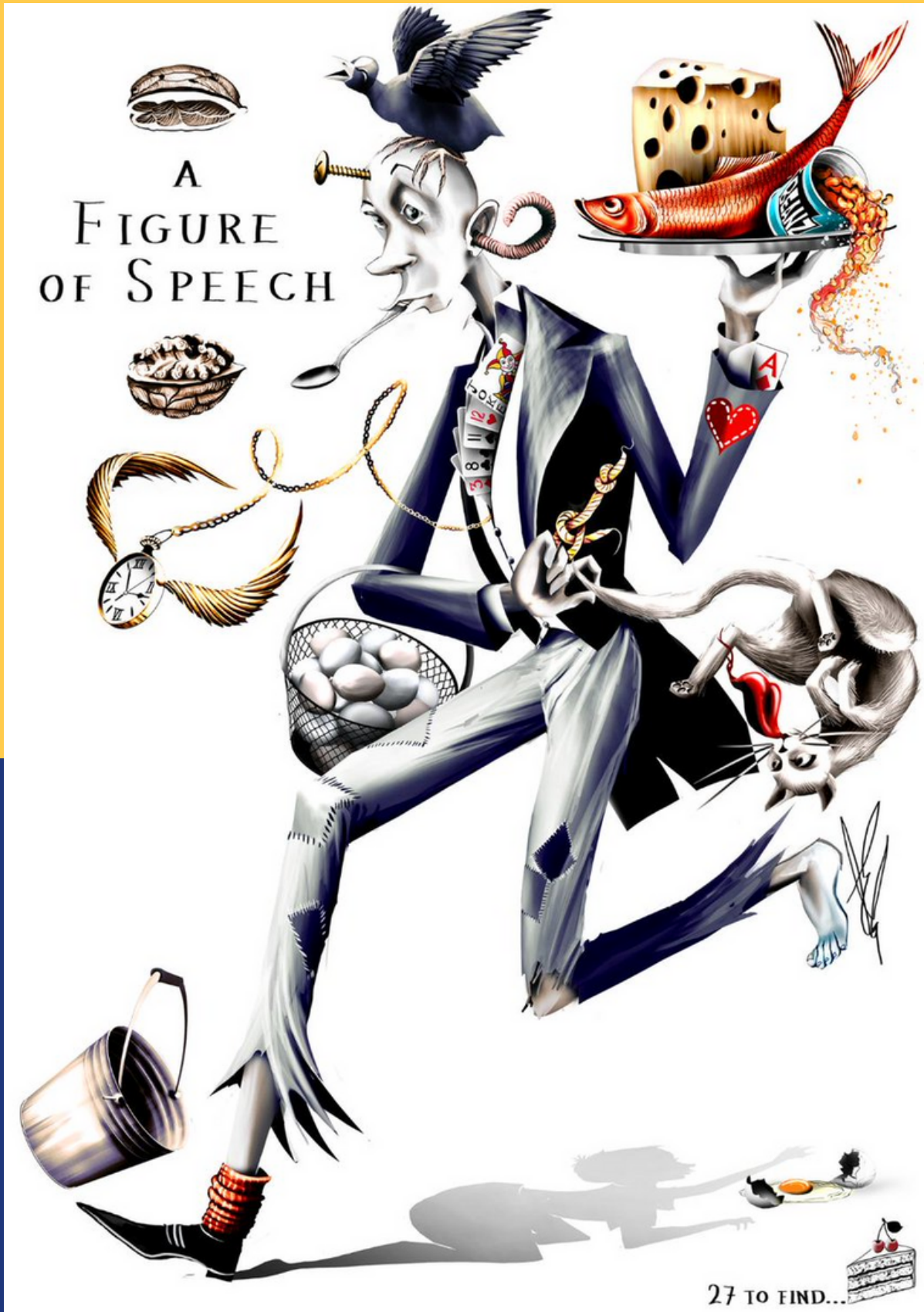


[Click here to access a practice video with 9 intermediate level dances](#)

BRAINTEASER

(answers on the next page)

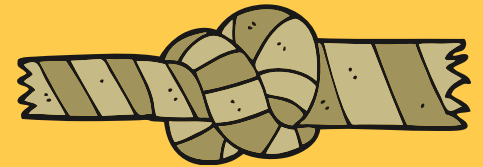
Thank you to Julie K who provided this week's brain teaser!
Can you find 27 figures of speech in the picture below?
Here's one to get you started: "the cat's got your tongue"



BRAINTEASER - ANSWERS



1. In a nutshell
2. Piece of cake
3. Cherry on the cake
4. Bald as a coot
5. A screw loose
6. Stiff upper lip
7. Born with a silver spoon in your mouth
8. Ear worm
9. Keep your cards close to your chest
10. Joker in the pack
11. An ace up your sleeve
12. Heart on your sleeve
13. On a silver platter
14. Spill the beans
15. Big cheese
16. Red herring
17. Tie the knot
18. Put all your eggs in one basket
19. Walking on eggshells



21. No room to swing a cat
22. The cat's got your tongue
23. Kick the bucket
24. Pull your socks up
25. Cold feet
26. From rags to riches
27. Time flies

