



DANCEZING NEWS

MARCH 12TH 2021



DANCEZING NEWS

The beautiful photos have been taken by Gill Peachey. An Orchid Beetle on a blade of grass and Cock's Foot Grass



DANCEZING NEWS BULLETIN

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LOCK DOWN PURSUITS

It has been wonderful to find out about the amazing talents our dancers have. Look at this incredible pewter work by Sara. Isn't this lovely?!

"I embellish pewter sheets of metal by embossing vintage designs using different tools and techniques. I then 'antique' the metal until it takes on an old and rustic appearance! Sounds like me 😊!!

I've done wooden pot plant holders; kitchen utensil holders; cheese platters; photo frames; trays; mystery/needle work boxes etc."



LOCK DOWN PURSUITS

During lock down I have seen more people walking and running than I have ever seen before. I have bumped into some of you walking, cycling and running. It's great to see so many people going outdoors to get their exercise. It's a great stress reliever.

In the following article, Jill writes about how running helped her:

On the back of my sponsorship of Gill for her recent impressive 20 mile walk when I mentioned appreciating the motivation raising much-needed funds for worthy causes gives you as I had run marathons (only two I might add!), Nicky asked if I would like to write a few words for the news bulletin.



Although for many years I had enjoyed gym workouts and a variety of classes, I didn't really consider running to be my thing until a tricky time in my life made me feel the need for a challenge, a distraction from everyday woes and something to restore my self-confidence.



With the encouragement and support of a fellow PTA member at my son's prep school - and fuelled by a g and t or two at a PTA dinner! - I embarked on the challenge to run the 2000 London marathon a month before my 40th birthday.



I quickly learnt that all the gym workouts and classes in the world don't necessarily make it easy. It was definitely a case of 'all the gear, no idea' in the early days though, by adding a mile a week on the treadmill into my workout starting the previous September, I was soon comfortably doing 10 miles three times a week on the road. To cut a long story short, by the time the marathon came around it was far more a case of mind over matter than the physical aspect - blisters, shin splits, twisted ankles, lost toenails, etc! The day itself was one of the most exhilarating of my life - especially as we only just missed the 4 hour target we had set ourselves which put the icing on the cake! So much so, I repeated it the following year whilst I had my fitness at a level that I was going to find impossible to maintain indefinitely!



Running became my therapy and, whilst marathons were a commitment too far in the long term, half marathons were easier to work around, very satisfying and not nearly as punishing.



Raising much-needed funds for charity can sometimes be a challenge in itself, but is a huge motivating factor during the tougher moments. Fortunately, I was very well-supported and have had the pleasure of returning the favour many times over the years.

I would love to know what challenges others have undertaken to get through tricky times.

Jill Robinson



LOCK DOWN PURSUITS

Who remembers The Record Breakers? That's a blast from the past. We now have our very own record breaker in our Dancezing family! Read all about Mark's world record...



I did a cookalong on the 12th Feb, which was a Guinness World record attempt.

It was organised by Raheel Mirza, who was on Masterchef and specialises in Pakistani cooking.



We all had to cook buttered chicken, recipe attached.

We all logged into zoom some 800+ of us from all over the world. Technically things provided challenging, we were half an hour late starting as it took a while to sort out the recording for verification.



I put some picture on Facebook at the time, anyway on The One Show on the 19th Feb. (You can still watch this on catch-up iPlayer) they confirmed we had achieved a record with some 500 of us, cookingalong. I guess not everyone could be verified, any way I am now officially a participant in a world record and am getting a certificate in due course.

He does a weekly cookalong on a Friday, unfortunately he's only on Instagram

<https://www.instagram.com/raheelmirzacooking/> as far as I can tell.

Mark



BUTTER CHICKEN RECIPE

If Mark's article has given you a craving for butter chicken, why not try the recipe?

Instructions for making Butter Chicken / Butter Paneer or Butter Tofu:

Equipment:

- Large saucepan, saute pan or wok
- Medium sized frying pan
- Blender or food processor for blending the sauce

Ingredients (serves 4):

For the chicken, paneer (vegetarian version) or tofu (vegan version):

- 750g or 1.5lbs (pounds) chicken breast or chicken thigh cut into roughly 1cm thick strips and roughly 1-2 inches in length

OR

- Approx. 300g block of paneer cut into 1 inch cubes

OR

- Approx. 400g block of organic tofu cut into 1 inch cubes (water pressed out fully – squeeze the block between your palms and then put the block on a plate with a couple of full unopened tins of chopped tomatoes or a cast iron pan on top to squeeze the remaining liquid out – then dab the tofu with kitchen towel to remove as much moisture content as you can)
- 3-4 tablespoons (45-60ml) plain natural yoghurt or a vegan dairy alternative
- 2 tablespoons (30ml) of oil of choice for pan frying – rapeseed oil, olive oil, vegetable oil, coconut oil or ghee
- 4 cloves of garlic; grated or minced (or 2 teaspoons (approx. 10g) of paste)
- 2 inch fresh ginger; grated (or 1 teaspoon (approx. 5g) of paste)
- 1 teaspoon (approx. 4-5g) ground coriander powder
- 1 teaspoon (approx. 4-5g) Kashmiri chilli powder (or ½ teaspoon (approx. 2g) red chilli powder mixed with ½ teaspoon (approx. 2g) paprika)
- 1 teaspoon (approx. 4-5g) ground cumin powder
- ½ teaspoon (approx. 2g) salt

BUTTER CHICKEN RECIPE

For the main sauce:

- 8 whole almonds with skins removed (you can do this by placing them in boiled water for about 10-15 minutes and then peeling the skins off) – you can substitute these for ½ teaspoon of sunflower seeds soaked for 10 minutes in luke-warm water if you have a nut allergy
- 8 cashews (or replace with ½ teaspoon more of soaked sunflower seeds if you have a nut allergy)
- 1.5 medium onions; roughly chopped
- 2 tablespoons (30ml) oil of choice
- 2 tablespoons (approx. 25g) unsalted butter
- 4 cloves of garlic; grated or minced (or 2 teaspoons (approx. 10g) of paste)
- 2 inch fresh ginger; grated (or 1 teaspoon (approx. 5g) of paste)
- 1 teaspoon (approx. 4-5g) sugar
- 3 medium tomatoes; roughly chopped or 1 tin of chopped tomatoes
- 2 heaped teaspoons (approx. 10g) ground coriander powder
- 1.5 teaspoons (approx. 7g) garam masala powder
- ½ teaspoon (approx. 2g) Kashmiri chilli powder (or ¼ teaspoon (approx. 1g) red chilli powder mixed with ¼ teaspoon (approx. 1g) paprika)
- ½ teaspoon (approx. 2-3g) salt
- 2-3 tablespoons (approx. 30-45ml) double cream (heavy cream)
- 1 tablespoon (approx. 10g) dried fenugreek leaves (optional but recommended – you cannot use fenugreek powder or fenugreek seeds here)

BUTTER CHICKEN RECIPE

Instructions for making Butter Chicken / Butter Paneer or Butter Tofu:

1. Firstly, put all the ingredients for the marinade, except for the oil, in a large mixing bowl and leave the chicken strips / paneer cubes or tofu cubes to marinade in the mix for at least 10-15 minutes – this can be done before joining the live cook-along session. If you are doing the tofu version, then please refer to the additional guidelines sent previously on email as to how to cut and prepare this.
2. Shallow fry the chicken strips / paneer cubes or tofu cubes in the oil on a medium to high heat in 2-3 batches until they are cooked fully in about 2 tablespoons of oil. This will vary in time depending on what main ingredient you are using. This will probably take around 7 minutes in total for the chicken. Be sure to check the chicken strips are cooked all the way through before removing. Remove your cooked ingredient and transfer to a plate lined with some kitchen towel.
3. Now make the sauce using the same pan as you fried the main ingredient in. Add about 1-2 tablespoons of oil and gently saute/fry the almonds and cashews for 1-2 minutes (be careful not to burn these) and then add in the onions and cook for a further 5 minutes. Finally, add in the ginger and garlic and cook for about a further 2 minutes on a medium heat.
4. Then add in the tomatoes and sugar and cook for another 5 minutes until the tomatoes and onions have softened.
5. Remove the mixture and blitz this in a blender or food processor into a smooth sauce. If required, use a small amount of tap water (1-2 teaspoons maximum) to get the sauce to blend fully.
6. Place the sauce back in the pan on a medium heat with 1 tablespoon of oil and add the spices; ground coriander powder, garam masala, Kashmiri chilli powder (or red chilli powder and paprika mix as detailed in the recipe) and salt. Cook for about 2-3 minutes then turn the heat down to low and then add in the double cream and stir through.
7. Add the chicken strips, paneer cubes or tofu cubes into the sauce and stir to coat those ingredients thoroughly in the sauce. Sprinkle over the dried fenugreek leaves and mix gently.
8. Finally add in the butter and, without stirring, pop the lid on and cook on a very low heat for about 1-2 minutes until the butter has melted.
9. Stir one final time to evenly distribute the creamy butter and serve with your favourite accompaniment; naan bread, chapatis, plain boiled rice or a combination of these and enjoy!

DANCE LIST - ONLINE DANCEZING



Tuesday 9th March 2021
Dance List

Intermediate

- Drip Droppin'
- Clap Happy
- Faithful Soul
- Rolling Stone
- Move A Like
- Caribbean Pearl
- Wintergreen
- Moves
- Those Russians
- Sunrise
- Vanotek Cha
- Graffiti

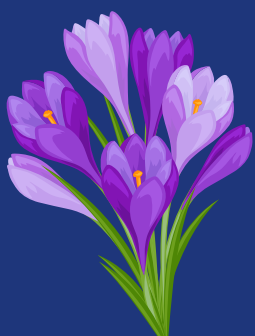
Improver

- Havana Ooh Na Na
- Clueless
- Nancy Mulligan
- Groovy Love
- Expectations
- Gone West
- Crystal Touch
- Lonely Drum
- Bosa Nova
- Bumblebee
- La Fiesta Cubana
- Your Heaven!

Beginner

- Senorita La-La-La
- Coastin'
- Cumbia Semana
- Begin to Swing
- Stand Up & Boogie
- Precious Time
- Love You Cha
- Little Rhumba (slow)
- Jo n' Jo Tango
- South Sea Shuffle
- Ruby Ruby
- Gently Does It

I love Hyacinths, Crocuses and Tulips - if you do too you may like to take a 360 virtual tour of The Keukenhof, which in Dutch means 'kitchen garden'. It became a public garden in 1950 and now welcomes over a million visitors a year. There is a gigantic flower bulb mosaic, covering an area of 250m² and consisting of 50,000 tulips, grape hyacinths and crocuses, it's utterly spectacular. Click on the picture to take a tour



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](#)

[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

[When You Smile](#) - ELD 16/2/21

[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](#)

[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](#)

[Rolling Stone](#)

[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](#)

BRAIN TEASERS

(answers on the next page, circled in yellow)

1. Can you spot the 5 differences?



2. Can you spot the 5 differences?



BRAIN TEASERS

(answers on the next page)

1. Can you spot the 5 differences?



2. Can you spot the 5 differences?

