



DANCEZING NEWS

MARCH 26TH 2021



DANCEZING NEWS

The cover photo is of the first Camellia flower to open on the bush outside my kitchen window. It is full of buds this year so I am sure it will be spectacular. Spring is here! Such a wonderful time of the year



DANCEZING NEWS BULLETIN

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by Mark

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RECIPE

Here is a recipe submitted by Jill, who says,

"It's taken from an M and S cook book published in 1977. I have been making it several times a year for all those years and you can tell how well-used it is by the state of the page. A real family favourite! "

It looks great - let me know if you try it...



Chicken Mexico

Metric

1½–1¾ kg chicken
40 g butter
2 × 15 ml spoons oil
2 large onions, peeled and sliced
2 cloves garlic, crushed
1 green pepper, seeded and sliced
1 chilli pepper
175 g can tomatoes
2 × 15 ml spoons tomato purée
300 ml chicken stock or stock and wine
100 g sweet corn
4 × 15 ml spoons soured cream
100 g mushrooms, washed and sliced
Finely chopped parsley

Imperial

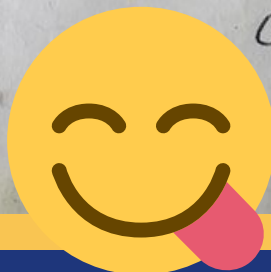
3–4 lb chicken
1½ oz butter
2 tablespoons oil
2 large onions, peeled and sliced
2 cloves garlic, crushed
1 green pepper, seeded and sliced
1 chilli pepper*
7 oz can tomatoes
2 tablespoons tomato purée
½ pint chicken stock or stock and wine
4 oz sweet corn
4 tablespoons soured cream
4 oz mushrooms, washed and sliced
Finely chopped parsley

Cooking Time: 1½ hours
Oven: 160°C, 325°F, Gas Mark 3

Brown the chicken in butter and oil on all sides. Remove from fat and place in a casserole. Fry onions, garlic, pepper and chilli. Add tomatoes, tomato purée and the stock and wine. Pour over the chicken and cook in covered casserole in the oven for 1½ hours. Allow chicken to cool in the juice, then carve and put on a serving dish and keep hot. Meanwhile heat the corn. Boil up the sauce until reduced by half, add cream and stir. Add mushrooms and cook for a few minutes. Pour over chicken with parsley and sweet corn. Serve with rice.

(Ideal to make the day before and be really organised for your guests. Chicken is really best left overnight in sauce in the refrigerator.)

* or a good sprinkling of crushed chillies



FUN FACTS



This 20 year old man from Lincolnshire was bored during lock down and decided that he wanted to become a Guinness World Record holder—so he checked out records that the organization had set a benchmark for, but that hadn't actually been attempted. He was tempted by: fastest time to drink a Capri Sun.

To set the record, he had to use "any commercially available, unmodified 200 ml Capri Sun pouch," as Guinness World Records explained, and document himself consuming it "using the straw"—which must begin the challenge "still inside the plastic film and still glued to the side"—in around 18 seconds. After a few tries, on August 27, Evans pulled off his record-setting attempt: 16.65 seconds.

What ideas do you have for becoming a World Record holder? or do you have one already? We know that Mark has one for taking part in a 'cook-off'.

Let me know if you are a record holder or if you have won any trophies, medals, titles etc. We would love to hear your story.



The worlds biggest flower, *Rafflesia arnoldii*, is found in the rain forests of Indonesia. It can grow wider than a car tyre and weigh up to 15lbs!

REFLECTING UPON A YEAR - BY MARK

It's a year now since our world was turned upside down.

If I had to sum up this year in a word or sentence it would be no spontaneity, we can't just go for a drink, have a meal, visit a garden, even when not in lockdown it all had to be booked, so for me the loss of spontaneity has been the biggest impact.

The best times in life are usually random, unplanned and completely spontaneous

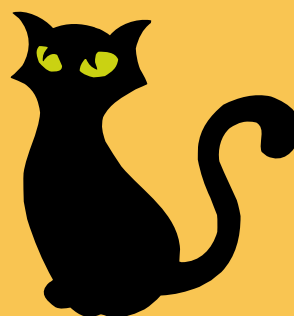
We have also got a lot closer to nature, please see my sheep friends, a bit disconcerting to suddenly hear a lot of baa's behind you and look round and see this lot.



I also enclose the first photo I have from last April of a country walk, how many miles have we all walked?!



I also enclose our dancezing friend from the early days of last year as well. Its Boo our girl cat who is now 17 years old and starting to show her age by still likes to get involved on the dance floor of kitchen as it is also known.



DANCE LIST - ONLINE DANCEZING

Dance List



72

Unfortunately I wasn't able to join you from my kitchen this week so here is our dance list that we will carry forward to our next session.

Intermediate

- Dedication To My Ex
- Dance With Me Tonight
- Faithful Soul
- Up
- Meet Me There
- Funky Sole
- Vanotek Cha
- Love Me Love Me
- A Double Whiskey
- My Mary
- Texas Time
- Never Growing Up

Improver

- Havana Ooh Na Na
- Islands in the Stream
- Jamaican Love
- Expectations
- Playboys
- Rebel Just For Kicks
- Cecilia
- Crystal Touch
- Missing
- Bumblebee
- Lonely Drum
- Bosa Nova

Beginner

- Quando When Quando
- Honey I'm Good
- Senorita La-La-La
- Lemon Tree
- Love You Cha
- Dance Monkey
- Cumbia Semana
- MD Honky Tonk
- South Sea Shuffle
- Gently Does It
- Mamma Maria
- Ruby Ruby



On Friday 19th March we had our eleventh Dancezing Quiz. It happened to fall on the same day as Comic Relief, so our participants were dressed in red and some had 'red noses'!

Everyone submitted two questions which made the quiz very interesting, plus we had some other rounds.

Our Red Nose winners were Christine & David!

Congratulations!

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](#)

CAN YOU FILL IN THE MISSING LYRICS?

1. "Cause all of me loves all of you. Love your ___ and all your edges, all your perfect imperfections"
2. "I long to see the sunlight in your ____, and tell you time and time again how much I care"
3. "I believe the ___ are our are future, teach them well and let them lead the way"
4. "Life is a moment in __, when the dream is gone, it's a lonelier place"
5. "And you come to me on a ___ breeze, keep me warm in your love, then you softly leave"
6. "Cause, honey your soul could never grow old, it's evergreen. And baby, your smile's forever in my mind and ___"
7. "You're still the one I ___ to, the one that I belong to, you're still the one I want for life"
8. "I hope you don't mind that I put down in words how ___ life is while you're in the world"
9. "Take my hand, take my whole ___ too. For I can't help falling in love with you"
10. "No-one in between, how could we be wrong? Sail away with me to another ___"



1. CURVES
2. HAIR
3. CHILDREN
4. SPACE
5. SUMMER
6. MEMORY
7. RUN
8. WONDERFUL
9. LIFE
10. WORLD



DID YOU KNOW?



The heart of a shrimp is located in its head