

HHSession 9-08-07 - 30HZ!!!

Posted by mjoogoo - 2007/08/06 12:39

<http://www.highheels.ws/Images/Loghi/HighheelsLogoTNB.jpg>

It's Monday... another week to recover!!!

A Beautiful WE in the sun here in London

I really hope this summer will last more than just the last WE...

It's England Init!

Last Week Show

<http://www.highheels.ws/Images/Others/RobJinx.jpg>

Jinx was here... a real 100% Energy Set from Rob... thanks again to Rob for coming down. The Performance has been properly archived and you can listen back again and again...

Here is the Tracklist:

General Elektrik On The Run Diverted Traffic

Merka My Spaceship (C.Carter Mix) FAT

Move Ya & Steve Layers Monkey Scratch AudioBug

Vlad & 30Hz Get Low (Baobinga Mix) VS

Big Ass.... BodySnatchers

Baobinga & ID Big Monster FAT

Baobinga Shake Your Head (Aquasky Mix) 777

Found the Gonzo White

Hybrid Choose Noise (EF Mix) Distinctive

Jessie Rose All Over your Head

Peo De Pitte Stop don't panic flatout

Flore Alright (Plaza Mix) iBreaks

Speaker Junk Foxy Dubsided

--

Frakah - Alive - Sound of Spektrum

Gella - For those who lve dance CDR

Elite Force What U Want Lot 49

Culture Shock Asteroids ??

Roog & Greg DopePope ??

Some+people jinx CDR

Baobinga Shake It mantra

Nick Thayer & Micah scrambler Passenger

Baobinga & ID Big Monster RMX Spinout

Jinx Big Fat ASS SuperBleep

Roog & Greg ??? ???

... and here is the link!!!

http://archives.nsbradio.co.uk/archives/index.php?dir=Highheels%20Sessions/&file=HHSessions_02-08-07_Jinx.mp3

This week show

http://a189.ac-images.myspacecdn.com/01534/88/11/1534191188_l.jpg

The Highheels Sessions are Realy proud to Present:

30Hz, AKA 50% of BodySnatchers, AKA Vertical Sounds, AKA Microman, the sound of Lot49... 100% Dirty Squirtz!!!

He is the man on the controls, great producer, awesome DJ...

The first time I met him I had the impression he was a quiet person... I was definitely wrong.

Expect an Explosive show...

Kitchen Corner

<http://www.highheels.ws/Images/Cucina/pento.gif>

Pasta with Broccoli, Potatoes and Bacon

broccoli

potato

bacon

garlic

chili

coarse salt

extra virgin olive oil

Cut the broccoli and the potatoes in medium small pieces, put in a big saucepan with loads of water to boil with coarse salt.

aside fry some garlic, chili and bacon chopped with olive oil then switch off,

when the water boil add the pasta (best orecchiette, fusilli ok) when ready dry but not too much, put back in the saucepan and add the fried stuff... stir along with energy...

serve, good with red wine!

<http://www.highheels.ws/Images/Cucina/PastBroccPatBacon.jpg>

The Highheels Sessions

8.00 - 10.00 pm GMT

on nubreaks.com

=====

Re: HHSession 9-08-07 - 30HZ!!!

Posted by Messy KT - 2007/08/07 04:12

:sing: :mOc: werd :-*

This week's show is gonna be really cool

I can't wait!!

=====

Re: HHSession 9-08-07 - 30HZ!!!

Posted by KOSTEK - 2007/08/07 05:32

r u gonna be present this time KT. everyone missed ya on the last show ;)

=====

Re: HHSession 9-08-07 - 30HZ!!!

Posted by Messy KT - 2007/08/07 09:54

:)

I think Mjoogoo probably has a better radio voice than me.

I might say something on the show, if you're a good boy :P

=====