

## HHSessions 10-01-08 - Social Breaks!

Posted by mjoogoo - 2008/01/07 16:34

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

The Festive Days Passed too Fast!!!

2nd week of January, the Winter Blues... a bit of rest, a bit of diet,  
try to be good.. at least for some weeks...

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(I already failed :-())

Last Show

GurfLive were here!...

Sam & Rory, just after the end of their ultra extended NYE Party (4 days)  
were down here in my studio... and they performed really well considering their  
complete-spaced-out-state

<http://highheels.ws/Images/Others/Gurflive.jpg>

Tracklist

Dekoy High Rise (Dopamine Mix) Diverted Traffic

Madox Heel of God Mantra

EF Used & Abused (Zodiac Kartell Mix 2) Used & Abused

Plaza De Funk Nu One... Unknown

Nick Thayer & Micah Scrambler Passenger

Plump DJs Mad Cow Fingerlickin

Pornstar Pimp My Bass Influential House

Unique 3 I'm the.. (Merka Mix) Fat Rec.

Dylan Rhymes Music (Rogue Element Mix) Lot 49

Napt ft. Skibadee Rollers Contrast

Detect Dance Division (Blende Mix) Unknown

ToBeCompleted....

[http://archives.nsbradio.co.uk/archives/index.php?dir=Highheels%20Sessions/&file=HHSessions\\_Gurfliv  
e\\_3-01-08.mp3](http://archives.nsbradio.co.uk/archives/index.php?dir=Highheels%20Sessions/&file=HHSessions_Gurflive_3-01-08.mp3)

This week show

The Highheels Sessions Proudly Presents...

SocialBreaks, McQueen. Sinergy will be here...

you know the boys and they are frequently present on the board,  
and their party, Social Breaks has been rockin for a long time,  
I was at the last one where Mr Peo De Pitte was playing...  
and it was great expecially, the drunkness and the wigs...

Kitchen Corner

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

Gnocchi Pomodoro e Basilico

Potatoes Gnocchi gr. 400

1 Can of Chopped Tomatoes

1 Onion

Fresh Basil

Grated Parmisan

Extra virgin Olive Oil

Coarse Salt

1 Vegetable Stock cube

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

Chop the Onion, and fry slowly in olive oil, after 10 min add the tomatoes and the stock cube. Cook for about 20 min, taste if the salt is ready, adjust then switch off adding 2 leaves of fresh basil and cover.

Prepare the salted water and cook the gnocchi, rinse and mix with the sauce, some basil leaves... serve and add the parmisan, simple and delicious.

And the Breakpoll is coming...

And it is getting Closer!

nsbradio.co.uk want to be there...

and so you know what do you have to do...

Vote for nsbradio.co.uk as Best Radio

... and do not forget to vote for your favorite show...

MJooGoo - The Highheels Sessions as Best Radio Show

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Warning-Warning-Warning-Warning-Warning-Warning-Warning-Warning

The Highheels Sessions is a Dance Music Radio Show, where different genre of music are mixed together.

My Mission is to play Good Music.

Listeners sensible to variation of musical Genre can Stick their vibratig Kick Drum up their own ass and listen to another show.

Thanks

<http://i1.tinypic.com/6p7j3tz.gif>

<http://www.highheels.ws/Images/Loghi/HHBottom600.jpg>

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