

HHSessions 17-01-08 - Introspective

Posted by mjoogoo - 2008/01/21 15:24

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

I heard that in Janary people were hiding,

Saturday night coming home I've been surprised by the amount of people around London...

And all the party are going well.. in the month when normally nothing works...

Mad World...

Last Show

http://highheels.ws/Images/Others/CLobenKSt_17-01-08.jpg

DrumMonkeys and K* Were Here

And it has been a funny show, with a really high alchoolic level and

happy nice music... here is the tracklist:

Klause Von Stroke The Wisteler Data Rec.

Santos Breakdance Mantra

Basement Jaxx Fly Life Xtra (Switch Mix)

Mowgli Get Down Mantra

Lifecycle Pulse Ricochet Rec.

01_Fite_Nite_(Nogoodnik_08_mix) VisionPromo

Neztec Aerosoul Breakin Even

Sinden& The Count of....We Don't Give a Damn Counterfeet

Plastic Dreams (Andrea Doria Mix) Mantra Breaks

Quest & Eskmo Speaker Corner Dilemn Mix Cyberfunk

Digital Filth & Will Bailey Krusher Caustech

Quest & Odissi Propaganda Cyberfunk

Plumps Nylon Radar FingerLickin

(To Be Completed)

... and here is the Download.

http://archives.nsbradio.co.uk/archives/index.php?dir=Highheels%20Sessions/&file=HHSessions_17-01-08_CarlLoben_KStar.mp3

This week show

The Highheels Sessions Proudly Presents...

Introspective AKA Mike Hulme, has undoubtedly achieved unrivalled recognition

as one of Breakbeat's rising stars. Many great tunes (Pole Kat is a good example),

and many great Remixes (like the new Reead Baby just released now...).

Seriously looking forward for this show....

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

Kitchen Corner

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

Creamy Tagliatelle with Courgettes and Saffron

Tagliatelle Gr 400

1 medium Courgette

2 shallots
single cream
1 sachet of italian saffron
Coarse/Fine Salt
Extra Virgin Olive Oil

Chop finely the shallots and put to fry in some olive oil, cook for 5 mins
then add the courgette finely sliced in dishes. Cook for other 5 min covered,
add some salt and leave to cook for other 5 min and add the saffron, then cook till
they get soft, switch off the fire and add 4 tsp of single cream, mix gently.
Cook the Tagliatelle al dente and mix with the sauce.... hmmm Delicious!

And the Breakpoll is coming...
<http://i1.tinypic.com/6p7j3tz.gif>
And it is getting Closer!
nsradio.co.uk want to be there...
and so you know what do you have to do...
Vote for nsradio.co.uk as Best Radio
... and do not forget to vote for your favorite show...
MJooGoo - The Highheels Sessions as Best Radio Show

Warning-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

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