

FILMS



Bridget Jones - The Edge of Reason



RATING ****

Well worth seeing and very funny

What is the film about?

A 30 something woman searching for love and in the second film trying to keep hold of her man and her career in TV. Inevitably everything that she does goes wrong with amusing consequences.

Brief overview of the story and plot

She is in London and she has the perfect man but she is very paranoid that Mark is cheating on her. As part of her job she has to go abroad to Thailand and then Daniel Cleaver gets back into her life and he tries to seduce her like he does in the first film. In the end she realises that Daniel is the same old Daniel and she flies back to London to Mark, her true love.



DANCE

The Shuffle Dance (by Laetitia Kitenge)

This is a treat for all you dance lovers out there! I am going to teach you the latest dance move that makes you look hot on the dance floor. The Shuffle aint all that hard! So next time you are at a party or rave tell them to clear the dance floor and bust this move!

<p>STEP 1 Start with your feet relaxed and facing straight forwards with about a foot length space between.</p>	<p>STEP 2 You can start with whatever foot you want first and I would start with your right foot bending your toe part up and the heel on the ground. With your left foot, leave the toe part on the ground and the heel lifted up a bit.</p>	<p>STEP 3 Relax your feet once again to the starting position.</p>	<p>STEP 4 Now with your left foot lift up the toe part and leave the heel on the ground. Using your right foot at the same time, lift your heel and leave the toe part on the ground.</p>	<p>STEP 5 Finally end at your starting position.</p>