



Iggy Azalea lost 15 lbs in one week

The 26-year-old singer has revealed she dropped a large amount of weight by practicing her bottom-shaking dance moves for her routine in the accompanying music video to her new track 'Mo Bounce'. Speaking about her dramatic weight loss to New Zealand radio station Nova 96.9, the blonde-haired beauty said: "I did a lot of rehearsals actually, and man I lost 15 pounds in a week dancing to that song." However, the Australian rapper did follow a healthy eating plan ahead of her rehearsals to help her get into shape. She explained: "I went on a meal plan before the video because I knew I would have to be dancing fairly skimpily dressed." Iggy - whose full name is Amethyst Amelia Kelly - has hinted dancing doesn't

come naturally to her and she had to have some assistance to help her perfect her twerking skills. She said: "I did take classes. I do have someone who is very, very good at twerking, and she helped me. I never realized how flexible you have to be to do that stuff." Alongside additional dance classes the 'Fancy' hitmaker was also advised to attempt a yoga session in a bid to relax her muscles and make her more flexible to help her gyrate better. She added: "My teacher was like 'I really suggest you take yoga' and I didn't know you had to take yoga to be a twerker but apparently you do." Meanwhile, the artist has been credited for making "genuine" music by music director Lil Internet, who helped her with the video.

Meghan Markle feels 'incredibly joyful right now'

The 'Suits' actress has been dating Prince Harry for just under a year and, although she hasn't directly named him as the reason for her permanent smile, she can't imagine her life any other way at the moment because she's so content. Writing on her blog The Tig, she said: "I am feeling so incredibly joyful right now, so grateful and content that all I could wish for is more of the same. More surprises, more adventure, more opportunities to grow, more days filled with giggles and cheeky jokes, more delicious meals, and more inspiration. Always more inspiration." Although they've only been romancing a short while, the 32-year-old royal is apparently keen to settle down with Meghan and has, therefore, made plans to live with his girlfriend next door to his brother Prince William and his wife Catherine. The flame-haired hunk wants to make sure everything is perfect for when they move in so he's been regularly popping in to check on the renovation work. A source said recently: "He keeps popping round and asking when it will be ready. He seems in a real hurry to move in with Meghan." The couple have been spending a lot of time together recently but the brunette beauty is scheduled to return to



Canada for "filming commitments" over the summer. A source recently said: "They spend a lot of time watching movies at Harry's and cooking new dishes. Meg is a great cook and sends Harry out to posh food shops. She has even added a few feminine touches such as scented candles and soft furnishings."

Sheeran thinks gingers are an 'endangered species'

The 26-year-old flame-haired hunk quipped that the best plan to procreate redheads would be by forming one big orgy of people just with carrot-shaded hair. Asked how he would protect the ginger nation in a video interview with Dutch radio station Studio Brussel, he laughed: "Maybe we're only an endangered species because nobody will sleep with us. "We should get all the ginger people in Brussels together we should just have one big gang-bang." Meanwhile, fellow ginger Rupert Grint recently joked that the 'Galway Girl' hitmaker is his alter ego. The 'Harry Potter' actor is frequently mistaken for the chart-topping singer-songwriter and, in a spoof video, Rupert said that the pressure of moonlighting as Ed has become too much for him to handle. In the clip, Rupert prepares himself to sing when he breaks away and admits: "The truth is, Ed isn't real!" The 28-year-old actor subsequently rips open his blue plaid shirt - which has become synonymous with the real-life Ed - and reveals a Gryffindor top from the 'Harry Potter' series. The flame-haired star explains: "My name is Rupert Grint. After Potter all I wanted to do was stretch myself ... create some real magic. "So I created a character. He had the voice of an angel ... and possible wispy facial hair, a guitar, a bunch of flannel. I call him Ed. Ed Sheeran. Such a weird name, right?" Rupert's on-stage antics are met with screams of denial from the watching audience. But the actor continues: "I didn't expect everyone to think he was real. He became my best achievement and bane of my existence." Then, the show's host asks Rupert: "Was anything real? The adorable klutziness, cat photos?" And the British actor responds: "I hate cats! I can't balance it anymore. Ed is no more!"



Shia LaBeouf was kicked out of a bowling alley

The 30-year-old actor was reportedly thrown out of Pinz bowling alley in Studio City, California, earlier this week after he became embroiled in a heated exchange with a member of staff, during which time he accused him of being "f***ing racist" because he wouldn't give him the greasy carbohydrate to munch on, following three hours of boozing. The altercation was captured on camera and published by TMZ but it's not yet known whether the war of words broke out over the fries or if something else pushed him. The 'American Honey' star was reportedly ushered out of the complex by security before he returned a while later after he realized he still had his bowling shoes on. He then reportedly picked up his trainers and made a run for it. The incident comes just a month after assault and harassment charges against the actor were dropped following an alleged scuffle with a man at his 'He Will Not Divide Us' livestream anti-Donald Trump protest in New York in January. It's thought the charges were dropped because there was not enough evidence to prove that a crime

occurred when Shia faced off with another protester. Police previously claimed that Shia had ripped the scarf off a 25-year-old man who interfered with the ongoing demonstration at the Museum of Moving Image, scratched his face and pushed him to the ground. — Bangshowbiz

