

## Mp3 Flow - Naked



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Gritty sex funk fused with hip hop beats and R&B vocals. 14 MP3 Songs URBAN/R&B: Funk, POP: Today's Top 40 Details: Flow started as a go-go dancer in New York City nightclubs like Limelight and Mars. The energy of the music inspired Flow to write her first song "Open". Open made its national debut on one of MTV's top shows, Meet the Barkers, starring Travis Barker from Blink 182. Just Friends, also from Flow's first album SNAPPED, can be heard on the extremely successful MTV series Pimp My Ride. LOVE STRONG, Flow's second album wasn't far behind. Do Better was selected for the compilation CD Protest Songs for a Better World. And Dance Re-Mix is the top selling single to date. Flow's musical style is Gritty Funk with a Hip Hop/Soul influence. As the producer, writer and performer, she is fearless about her approach to music. It's my chance to say exactly what I want; complete freedom to express myself. Some of Flow's tunes are raw and in your face while others are reflective, and express deeper feelings about love and relationships. NAKED, Flow's third album, is a groundbreaking sound for today's popular audience. Before it's officially been released, NAKED has received major attention. This Beat Goes On Club Mix is making its debut on The Evidence, an ABC primetime show. Billboard Magazine has awarded two of Flow's songs, My Song and Take It Off, the Honourable Mention Award. My Song can also be heard on Indie 104 FM and BuzzPlays pod cast. Dreamer is playing on pod cast stations like Acoustic Fuel and Music 4 iPods. Daddy is also pod cast on Music 4 iPods. Let Me Confess can be heard on Braun and Brains Music Next Wave Compilation CD. This Beat Goes On is the second digital download favorite behind Get Naked, which is the top seller in digital single sales from NAKED. Flow's studies in New York included Strasberg Acting Studio, Alvin Aileys, Martha Graham Dance Studio and a scholarship to Broadway Dance Center. When she wasn't studying, Flow was a featured dancer in videos for bands like Radio Head and STYX. In addition she toured nation wide in trade shows like Wella, Matrix and

Panasonic. Flow also performed the productions 42nd Street and Camelot, in addition to Broadway Cares for AIDS at Lincoln Center. Choreographing was a natural transition. Flow choreographed the movie Shadow Hours starring Peter Weller and Rebecca Gayheart, the commercials and show opening for the late night TV show Vibe (a spin off of Vibe Magazine), in addition to Revlon and Wella corporate events. She also was assistant choreographer for the Miss Universe Pageant. Moving to the west coast, Flow continued her studies at the famous Groundlings and began full production of her music. Toy Box, the comedy troupe, was formed in 1999 with her sketch comedy writing partner Brian Ecker. During that period she produced, wrote, directed and edited the local cable show entitled Toy Box. Simultaneously releasing her first album Snapped. The combination of music and comedy snowballed into a fierce viral marketing campaign for Flows music. Get Naked was the first venture into the Internet world. Upon release, it generated thousands of hits on Flows website (flowrocks.com) and was picked up for air on Absolute Idie, airing nation wide as well as in Germany and Australia. Adrenaline Nation TV is also airing Get Naked. This station is broadcast through broadband television, digital cable, high definition, mobile TV, Wi-Fi and IPTV.4com. Madonna Hung Up On Crack was Flow and Brians next viral video for the track This Beat Goes On Club Mix. The internet response has been overwhelming, says Flow, it has been viewed over twenty thousand times and the numbers are growing every day. The spoof on Madonnas Hung Up Video, Madonna Hung Up On Crack, can be seen on Flows website, Ifilm, You Tube and Google Video. I love doing the videos but every part of my personality seems to come together in my live performances. The Knitting Factory, Molly Malones, The Gig and CBGBS are some of the live venues where Flow has performed. Flows stage show has a full band and choreographed dancers or can be seen with a DJ and two dancers. Flow can also be seen hosting Arena on G4techTV, which is broadcast into 50 million homes nationwide. "Take 30 minutes to join Lee, Kevin and Flow for the most fun you can have..." says G4tech TV.

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